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diabetic LIVING

PIZZA PARTY!

Midweek pizza the whole family will love! p33

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CHOCOLATE SENSATIONS

SPECIAL REPORT

HYPOS EXPLAINED

WHAT YOU NEED TO KNOW

MEAT & THREE VEG PIZZA
p33



PETER'S STORY

"75 years of diabetes doesn't define me"

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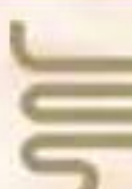
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Photographer **Benito Martin**
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SPECIAL OFFER

Turn to page 128 and subscribe to *Diabetic Living* today!

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MARCH/APRIL 2022

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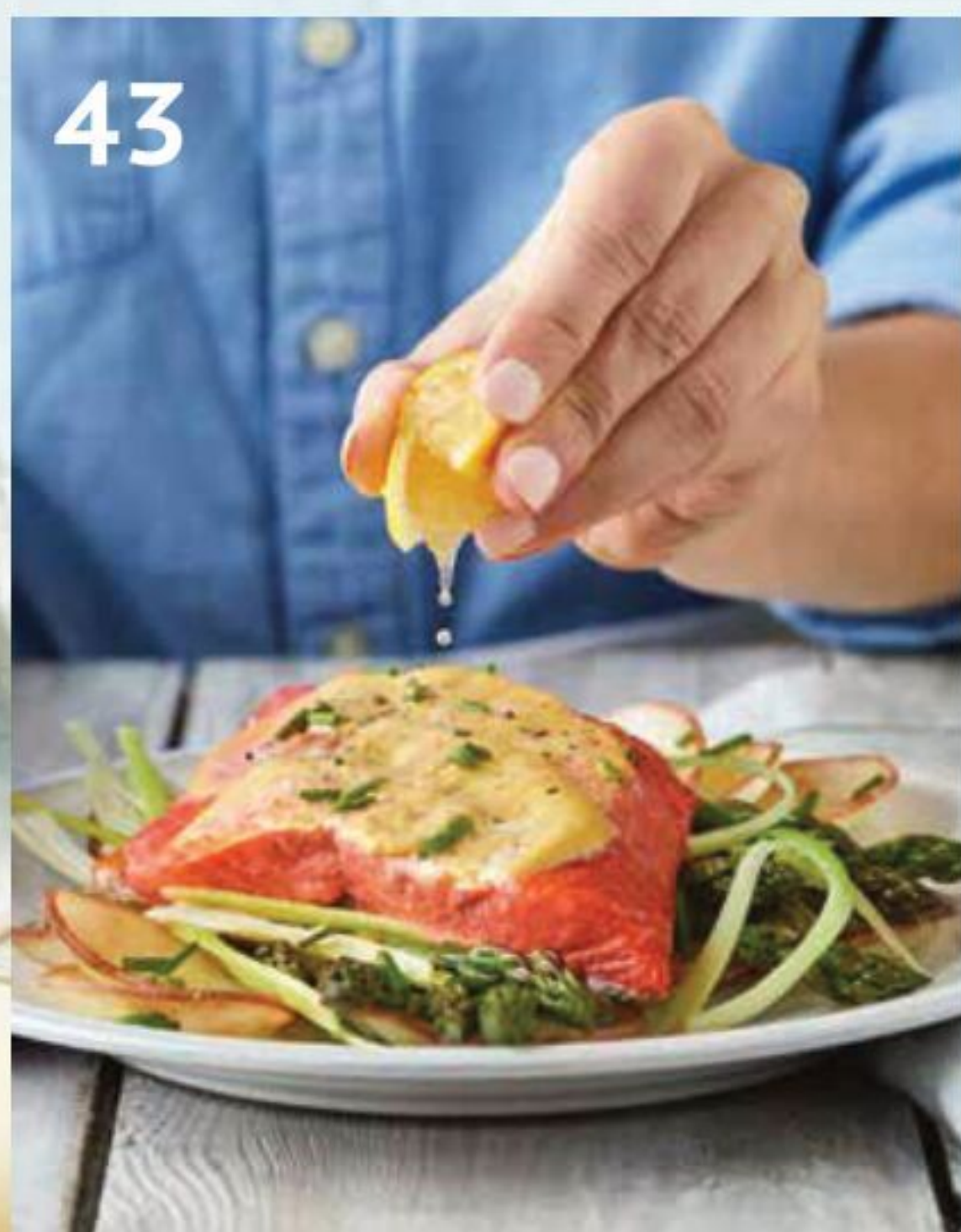
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**NEXT
ISSUE
ON SALE
APR 14**

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Stick with it!

Habits can be hard to stick with and so I am a big fan of making decisions. I don't ask myself if I'm going to exercise today – I have already decided that I will and the only question is what type of exercise will it be (I am not a fan of walking in the pouring rain for example). Same goes for certain foods – I've just decided that I'm not going to eat them and so I don't need to waste time or energy negotiating with myself to "just have a little bit". Because that is never how it pans out. The initial decision might be a bit hard, but once it's made, I find life is really so much more relaxing, it's just something I don't have to worry about anymore. I don't ask myself if I'm going to brush my teeth or have a shower every day, I just know it's on the schedule and will get done. Same goes for exercise and my food kryptonite. Is there a decision you've made that makes your life easier?

Something else I love is a fresh diary and new pens and, with the school year now underway, we've got some tips and tricks you can steal from the kids to make managing diabetes easier too – think extra-curricular activities and making new friends. It's amazing what a back-to-school mindset can do! Back to school (and work) also means no more gazing at the fridge and hoping something will jump out at you for lunch. We're helping you bring your A-game to lunchtime with our fab feature on midday meals – turn to page 24 for inspiration. And of course, we've also got your midweek dinners covered with our 5 Days 5 Dinners feature (p16) because cooking dinner every. night. of. the. week. can be hard! Keen to break out of the kitchen? Check out our barbecue feature on page 46 for thrilling grilling ideas that will have you making the most of late summer days.



Alix

Alix Davis,
Editor

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers



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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Are Media Pty Limited nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

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JUST diagnosed

START
HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help



DIABETES 101

Getting your head around 'diabetes lingo'? Read on...

- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two

hours after starting a meal. Ask your doctor or Credentialed Diabetes Educator for more guidance.

- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.
- **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some

activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.

- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.
- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

TYPE 1 & TYPE 2...

What's the difference?

TYPE 1 is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

TYPE 2 is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.

IN 2020, TYPE 1 DIABETES COST

\$2.9 BILLION

in Australia, through healthcare costs, reduced wellbeing, lower employment and additional care

TAKE THIS TO HEART



1 You're not alone

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.

2 It's your move

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as five per cent of your body weight – can also have a positive impact.

3 We're here

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar, and a whole heap of healthy recipes. ■

FOOD MYTHS FOR PWD

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

* That's People With Diabetes

YOUR healthy life

The latest news on diabetes, fitness, weight loss and books

HERE'S ANOTHER REASON TO GET A GOOD NIGHT'S SLEEP...

The fact that sleep – and getting enough of it – is linked to better health and wellbeing isn't news, but a new study shows that there's another pathway it can impact. According to researchers from the University of Exeter in the UK, for people aged 50 and over, poor sleep is linked to having a more negative perception of growing older, which in turn genuinely impacts physical, mental and brain health. Feel like your sleep could do with an overhaul in order to make it 'better'? Avoiding caffeine in the afternoon, doing something physically active every day, making the effort to disengage from mentally stimulating activities too close to bedtime and trying to wake up at the same time each day, in order to keep your body's sleep-wake cycle in good shape, may



New hope for weight loss

Feel like losing weight would be so much easier if you had a coach on board to help? Good news – the CSIRO has just delivered on that wish. Meet Hope a new, artificial intelligence (AI) weight-loss coach that provides real-time insights, personalised support and encouragement. Developed after research uncovered three critical behaviours that, when put into practice regularly, have the biggest impact for people looking to get healthier and achieve their weight-loss goals, Hope is designed to help Australians embrace those behaviours. Available to CSIRO Total Wellbeing members, analysis shows that people who weighed in regularly, followed the prescribed menu plan and tracked their food intake the most achieved a weight loss of 8.1 per cent of their starting body weight in 12 weeks, which averaged out at 7.5kgs lost per person. Head to totalwellbeingdiet.com to find out more.



What's in a game?

As long as it's the type that requires you to get up and move, like the active ones you can play on platforms like Wii Fit, Xbox and Nintendo Switch, then the answer is 'a fair bit', at least as far as your diabetes management is concerned. That's according to a recent study that was designed to compare 'exergames' to more traditional forms of physical activity, like running on a treadmill. The results show that both are capable of delivering similar health benefits, with blood glucose dropping to 'desired' levels among people doing either activity, but the bonus of exergaming was that people in that group enjoyed it more and were more motivated to keep doing it. So don't discount these games as pure entertainment – they really can deliver genuine health benefits, too.



LEAF RELIEF

If you're one of the two in five Australians who bought a new houseplant in the last 12 months, smart move. Not only does a report show that adding one medium-sized plant to a medium-sized room improves air quality by 25 per cent, research also shows that having houseplants around can reduce feelings of tension and anxiety by 37 per cent, anger by 44 per cent and general low mood by 58 per cent. Plus, as well as helping to remove pollutants, indoor plants can also reduce symptoms such as headaches, sore eyes, loss of concentration and feelings of 'stuffiness'. Not sure where to start when it comes to choosing and looking after a houseplant? Check out the book recommendation on the following page for help with that.



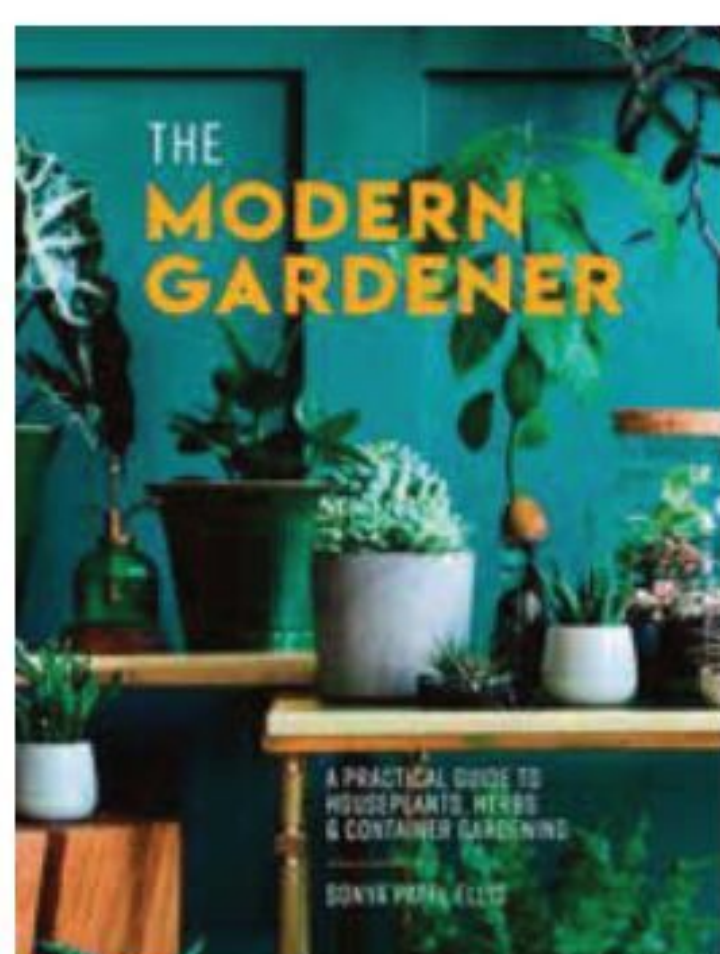
Q: I've been diagnosed with diabetes. As well as feeling scared of what the future holds, I'm feeling very overwhelmed. Help!

Janine says: Feeling scared and shocked following a diagnosis is normal. This is the body's fight-flight system becoming activated to protect us from harm. The brain registers the new diagnosis as a 'threat', and prepares us to defend ourselves ('fight') or run ('flight'). To help us stay safe, the mind often travels into the future, inviting us to consider things that might go wrong with a lot of 'what if?' questions. It is trying to help, but getting stuck focusing on catastrophic scenarios that may or may not happen increases our anxiety and overwhelms and disconnects us from the present. A technique called 'grounding' is helpful when we feel unsteady. This is any action that returns our awareness to the present, which is often less overwhelming than the imagined future. It might be taking six purposeful breaths, smelling essential oils, or focusing on your feet as you push them into the ground. So when you notice overwhelm, press pause – ground yourself and when you're back in the present, choose to engage in the next important action that's required of you.

Dr Janine Clarke, psychologist

Keep listening to the music

If it's music that's personally meaningful to you, your brain will thank you for it. That's according to a recent study performed by researchers at Canada's University of Toronto, with results suggesting that listening to your favourite tunes triggers beneficial brain plasticity, even in people who have already experienced some mild cognitive changes. The changes in the brain's neural pathways that the music encouraged correlated with increased memory performance. "We have new brain-based evidence that autobiographically salient music – that is, music that holds special meaning for a person, like the song they danced to at their wedding – stimulates neural connectivity in ways that help maintain higher levels of functioning," says one of the study's authors, Dr Michael Thaut. Time to pull those favourite records or playlists out.



The Modern Gardener

By Sonya Patel Ellis
HarperCollins, \$14.99

Think of this new eBook as a matchmaker for you and a houseplant or two! Based on the conditions you can and can't provide a leafy friend with, as well as the level of commitment you're willing to invest, *The Modern Gardener* will help you find your perfect match and understand how to help it thrive.



DITCH THE PASTRIES, SAVE THE PLANET

They're well known for being rich in saturated fat and potentially contributing to weight gain, but there's another reason to go slow on pastries like pies, Danishes and croissants. According to a new study out of the University of South Australia, they – along with sweets, fried foods and processed meats – are some of the biggest contributors to food-related greenhouse gas emissions as well as other environmental impacts, due mostly to the fact that as a nation, we're eating significantly more of these discretionary foods than is recommended. Two of the lowest contributors? Fruit and vegetables, making those foods better for the planet and good for you, too.



STAND UP TO FOOT ULCERS

Fast, easy dinners (or lunches)
for busy people

DINNER *EXPRESS*

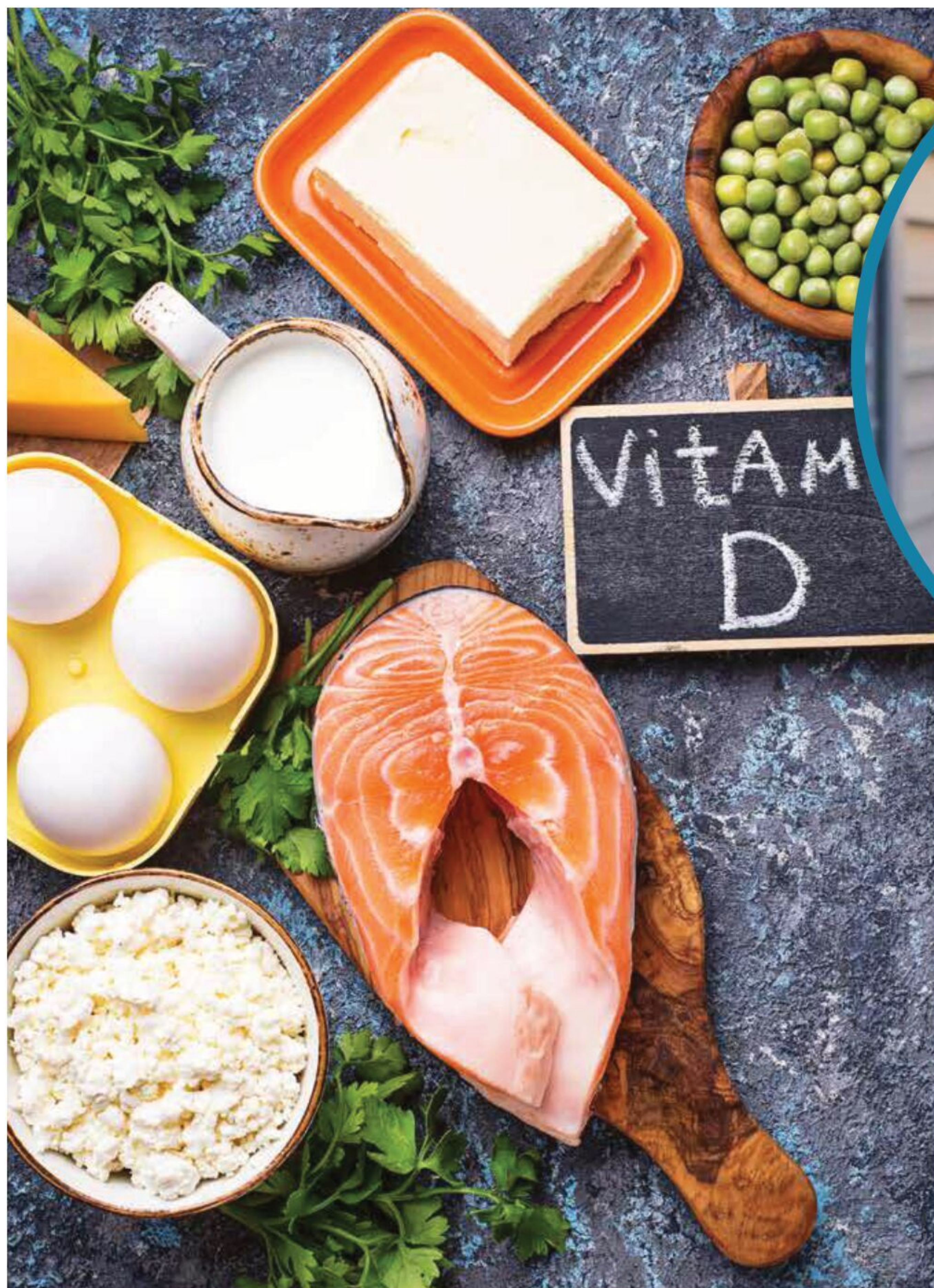
George Georgievski
Best-selling author of 40 Paper Express

Stuck for healthy dinner ideas or always seem to run short on cooking time? This book has got you covered. Inside you'll find 60 fast, fresh and easy dinner ideas, most of which can be cooked in 30 minutes or less, so you can get a healthy, home-cooked meal on the table every night of the week.



Drew says: The good news is that lifestyle changes – including being more physically active – may help to lower the risk of developing type 2 diabetes. But for kids, exercise comes with a degree of resistance because it implies structure. As a parent, I'd start by replacing the word exercise with movement or play. The truth is, play is just exercise in disguise. Next, I'd find a way to gamify the day. As a family, you could all wear a wearable device such as a Fitbit and have a healthy competition as to who can accumulate the most amount of steps, active minutes and flights of stairs per day. Each day presents a new challenge that you can quantify. Then perhaps at the end of the week, the winner can get a (non-edible) reward. Whatever movements you choose to do, make it fun and sustainable! Dance, join a sports team or play with your pet.

Drew Harrisberg, exercise physiologist
& diabetes educator



D-DAY FOR HEART HEALTH?

There's a variety of things you can do to keep your heart health in good shape, but new, homegrown research shows that you can add keeping your vitamin D levels topped up, to the list. Specifically, the study found that people with vitamin D deficiency are more likely to experience heart disease and have higher blood pressure, than those with 'healthy' levels of the vitamin. And while you might think too-low vitamin D levels are rare in a sunny country like Australia, more than one in five people who live here don't have enough of it. Risk factors for vitamin D deficiency include having naturally dark skin, staying mostly indoors, covering your body for cultural reasons, obesity and actively avoiding the sun for skin protection. While vitamin D supplements are available over the counter, if you think you may be deficient, talk to your doctor before you start taking one as there are side effects of having too much vitamin D circulating in your body.



If you've got a Fitbit watch or tracker, it pays to know about a new blood glucose tracking tool in the app that goes with it. Allowing you to log your blood glucose levels directly into the app so that you can see at a glance how they change throughout the day, you can also track your trends with easy-to-read graphs to see how your daily habits, including exercise, sleep and food intake, impact your glucose levels over time. The app also features helpful alarms that you can set to remind you to log your levels. And, if you're a Fitbit Premium member, you can see how often your glucose levels fall within your target range over a 30-day period as well as being able to store your blood glucose levels in a Wellness Report that you can share with your healthcare team. ■

WORDS KAREN FITTALL... PHOTOGRAPHY ADOBE STOCK



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REMOTE ACCESS

CHANGING THE LIVES OF INDIGENOUS AUSTRALIANS

Ray Kelly is an award-winning exercise physiologist with more than 30 years' experience – and success – in the area of weight loss. But his real passion is Indigenous health and, specifically, trying to improve the management of type 2 diabetes in at-risk communities. We talked to him about why and how he does it.

If Ray Kelly looks familiar, you're not imagining it. First hitting TV screens as a trainer in seasons one and two of *The Biggest Loser Australia*, most recently Ray appeared alongside Dr Michael Mosley on the three-part SBS series, *Australia's Health Revolution*.

Designed to shed light on the fact that lifestyle modifications can help to reduce people's need for diabetes medications and for some, may even result in remission from the disease, the show followed eight brave Australians as they embarked on the journey with Ray's support, who jumped at the chance to be involved.

"This is my life's work so when I was approached to take part in the program, I not only said yes, I also requested that we feature some complicated, advanced cases of people living with type 2 because I

wanted to show what's possible and how quickly things can improve."

And Ray is well-versed in that. Having delivered successful chronic disease programs that have been profiled at international congresses on obesity, he has also created a research-based, 10-week program called Too Deadly for Diabetes*. It aims to promote good nutrition, physical activity and weight loss and to lower blood glucose levels for Aboriginal people living with diabetes, and the results have been impressive. An independent study that was completed on the program showed that participants lost 7.5kg and reduced their HbA1c by 1.7 per cent, on average.

"I've seen firsthand that if you give people a good program that's simple to follow and where they see results quickly, they'll run through brick walls to do it. They really

want to do it for their own health and for their family."

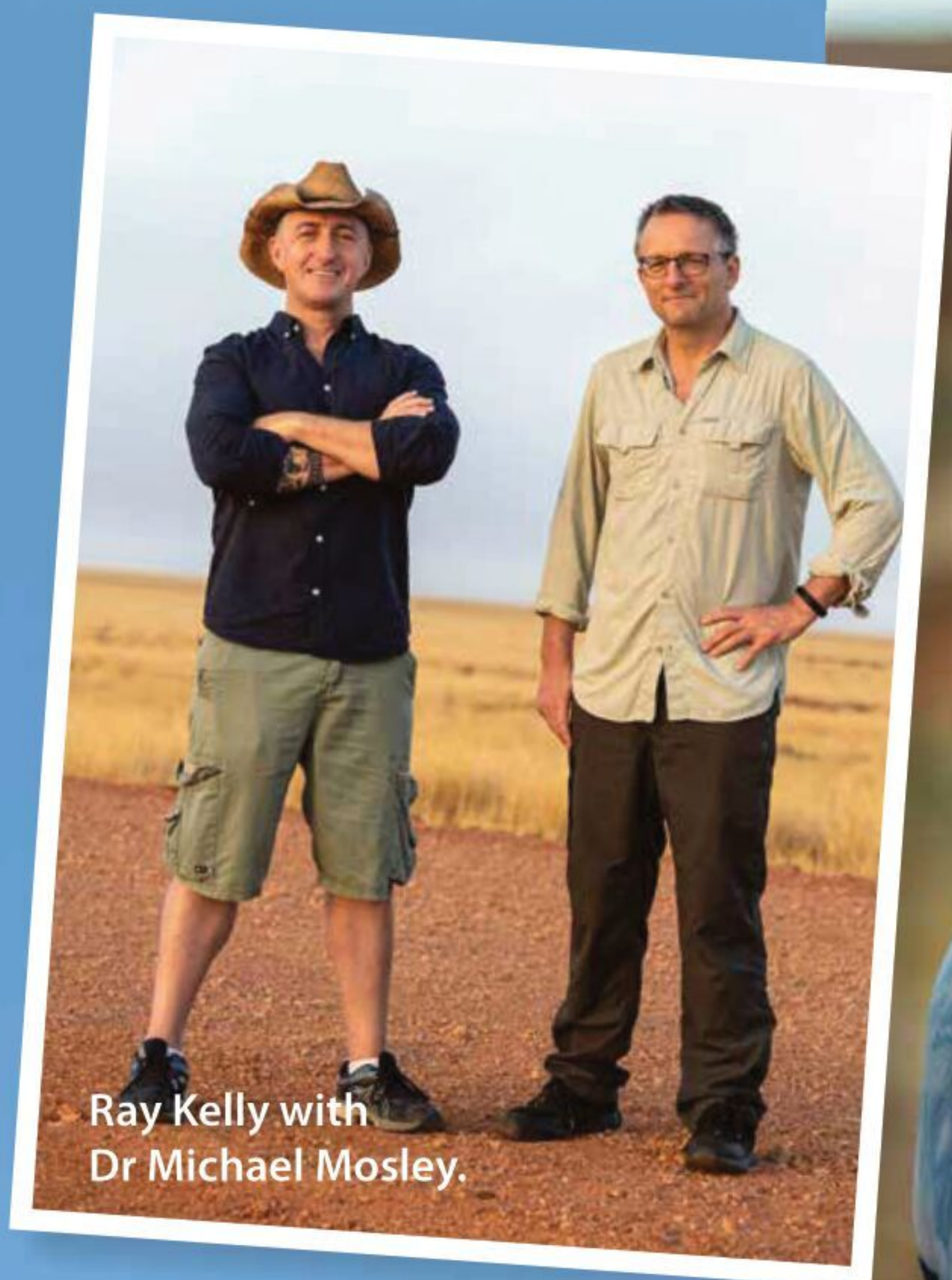
A program that works

When research Ray was involved in revealed that one of the biggest obstacles people living with type 2 diabetes faced in making lifestyle changes was 'confusion', he knew what he had to do – make it simple.

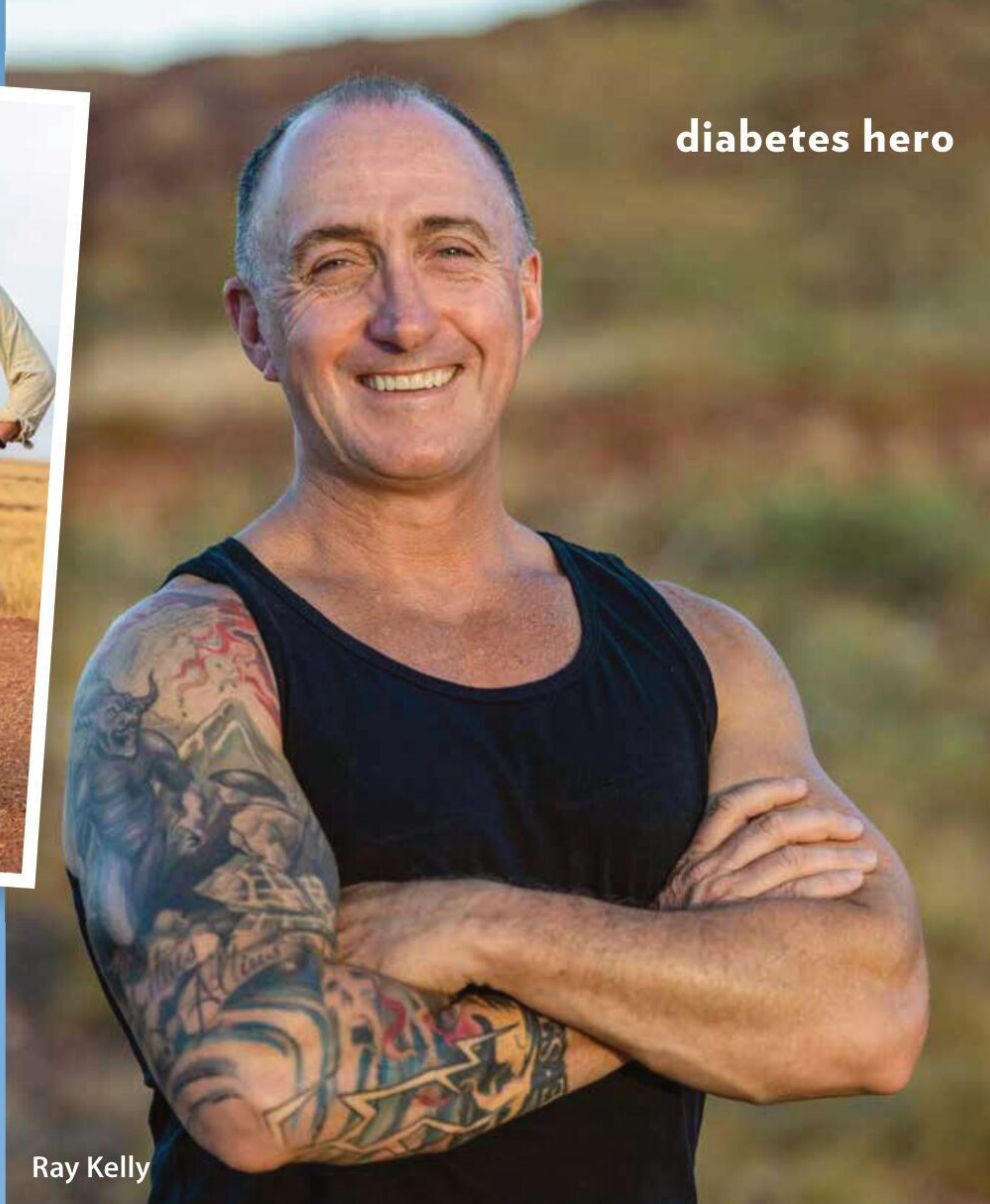
"Everyone we spoke to said they didn't really understand what they had to do," says Ray, who was named Exercise and Sports Science Australia's Exercise Physiologist of the Year in 2019. "There was no shortage of information, but there was a lot of confusion and mixed messages, and that was the problem."

"So our program not only drip feeds information week by week to avoid overwhelming people, it's also very practical. People leave understanding exactly what they





Ray Kelly with Dr Michael Mosley.



Ray Kelly

need to do for the next seven days, for example going for a walk every morning before work and knowing specifically what they're going to eat. It's much more effective than people simply having a plan to 'move more' and 'eat well' for the week, because we know that when instructions are grey like that, then they'll probably just wing it."

And once the weight is lost, maintaining it is straightforward. "There are two simple rules," says Ray. "The first is that you have to weigh yourself once a week because this keeps people accountable, and we encourage people to do this on a Monday because that sets them up for the week."

"And the second rule is that whenever you get 3kg above your bottom weight, you go back to the program's first meal plan, which is more restrictive. So it's simple."

Indigenous priority

As a proud Gomeri man, Ray's Indigenous heritage is just one of

the reasons why he's dedicated to helping Australia's Aboriginal communities, where the rates of diabetes and pre-diabetes are almost four times higher than non-Indigenous communities.

"I'll be honest," he says, when asked what motivates him, "it's because Aboriginal communities get a lot of stuff last. And while talking about diabetes as a statistic is one thing, that really hits home when you see the face of a 10 year old who's already on metformin and is about to start insulin. Or a grandmother in her late 50s who's planning her own funeral and her greatest concern isn't her health, it's what's going to happen to her grandkids, because she knows that

for people like her with type 2, they not only get kidney disease and other complications, they don't usually have long lives, either."

Ray is not only determined to change that, he's making it happen. "We only work in tough environments, where healthcare isn't easily accessible, fresh food isn't easily available and there's factors like low employment. If our program wasn't getting at least five per cent weight loss, I'd be disappointed."

"It's my experience that these communities love it – they appreciate it and they're awesome to work with. I wouldn't want to be doing anything else."

*For more details, visit toodeadlyfordiabetes.com.au ■



Sausage & veggie
tray bake
Recipe, page 18

Lamb & quinoa
burgers
Recipe, page 18



5 DAYS 5 DINNERS

How our
food works
for you
see page 75

Get a mid-week good food mood with these simply tasty meals

mains

MONDAY

GFO

SAUSAGE & VEGIE TRAY BAKE

PREP 10 MINS **COOK** 55 MINS
SERVES 2 (AS A MAIN)

- 1 red onion, cut into wedges
 - 4 small Carisma potatoes, unpeeled, thinly sliced
 - 4 drained artichoke hearts (in vinegar), halved
 - 100g cherry tomatoes
 - 4 green shallots, halved lengthways
 - 2 Peppercorn Pork & Red Onion Sausages, cut into chunks
 - 1 tsp fennel seeds
 - 1 small lemon, cut into wedges
 - 1 tsp olive oil
 - Freshly ground black pepper
 - 400g can butter beans, drained and rinsed
 - 100ml salt-reduced vegetable stock or gluten-free stock
 - 50ml water
 - 2 Tbsp pesto or gluten-free pesto
- 1** Preheat oven to 180°C (fan-forced). Line a baking tray or ovenproof dish with baking paper. Toss the red onion, potatoes, artichokes, tomatoes, green shallots, sausages, fennel seeds and lemon wedges together in the baking tray. Drizzle over the oil and season with pepper.
- 2** Roast for 20 minutes, then add the beans, stock and water. Roast for a further 35 minutes. Remove from the oven, drizzle over the pesto.

Nutrition info

PER SERVE 2330kJ, **protein** 30g, **total fat** 26g (sat. fat 5g), **carbs** 46g, **fibre** 24g, **sodium** 985mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

TUESDAY

GFO

LAMB & QUINOA BURGERS WITH BEETROOT TZATZIKI

PREP 10 MINS **COOK** 25 MINS
SERVES 2 (AS A MAIN)

- 25g quinoa
 - 150g cooked beets, drained
 - 130g (½ cup) Chobani No Fat Greek Yoghurt
 - ½ bunch mint, chopped
 - Freshly ground black pepper
 - 250g lean lamb mince
 - ½ bunch dill, chopped
 - 1 large carrot, grated
 - 1 small red onion, finely sliced
 - 2 Bakery Du Jour Brioche Burger Buns or gluten-free buns
- 1** Cook the quinoa in plenty of boiling water for 10-15 minutes or until just cooked. Drain well and set aside to cool. Grate the beetroot and place in a bowl. Add the yoghurt and half the mint. Season with pepper. Mix until well combined. Cover and chill until ready to serve.
- 2** Put the quinoa, lamb mince, remaining mint and half the dill in a bowl. Season with pepper. Use your hands to mix until well combined. Shape into two patties.
- 3** Heat a medium non-stick frying pan over medium heat. Add the patties and cook for 4 minutes each side, or until cooked through.
- 4** Combine the carrot, red onion and remaining dill in a bowl. Pile onto the bases of the buns. Top with the patties and a dollop of beetroot tzatziki. Serve.

Nutrition info

PER SERVE 2190kJ, **protein** 41g, **total fat** 16g (sat. fat 5g), **carbs** 49g, **fibre** 10g, **sodium** 348mg • **Carb exchanges** 3½ • **GI estimate** medium • **Gluten-free option**





WEDNESDAY

GFO

CORONATION CHICKEN PILAF

PREP 10 MINS **COOK** 20 MINS

SERVES 2 (AS A MAIN WITH LEFTOVERS FOR 1 FOR LUNCH THE NEXT DAY)

- 1 Tbsp olive oil
- 1 brown onion, finely sliced
- 4 (600g) skinless and boneless chicken thigh fillets, trimmed of fat, cut into quarters
- 2 Tbsp korma paste or gluten-free korma paste
- 250g pouch cooked basmati rice
- 60g (1/4 cup) Chobani No Fat Greek Yoghurt
- 1/2 bunch mint, leaves finely shredded, plus extra to serve
- 2 tsp mango chutney, or gluten-free mango chutney
- Seeds from 1/2 pomegranate
- 1 Tbsp flaked almonds, toasted

1 Heat the oil in a medium non-stick frying pan over medium heat. Add the onion and cook, stirring often, for 5 minutes or until the onions start to soften. Add the chicken and cook, turning once, for 8-10 minutes or until golden and nearly cooked through.

2 Add the korma paste to the pan and stir to coat. Add the rice pouch, along with a splash of water. Stir again to coat everything in korma paste. Turn up the heat to high and add the yoghurt, mint and mango chutney, allow to sit for 2-3 minutes – you want the base to catch a bit so it gets crispy.

3 Remove pan from heat and top with the pomegranate seeds, flaked almonds and a little extra mint.

Nutrition info

PER SERVE 2360kJ, **protein** 44g, **total fat** 23g (sat. fat 6g), **carbs** 42g, **fibre** 6g, **sodium** 508mg
• **Carb exchanges** 3 • **GI estimate** medium • **Gluten-free option**

mains

THURSDAY

GF

PRAWN & GRAIN POKE BOWLS

PREP 15 MINS SERVES 2 (AS A MAIN)

Juice of 3 limes

1 red chilli, deseeded and finely
chopped

1 Tbsp sesame oil

Freshly ground black pepper

300g cooked king prawns, peeled
and deveined

125g tub cooked brown rice &
quinoa, heated following packet
directions

1 ripe avocado, cut into small
cubes

6 small radishes, thinly sliced

1 small mango, flesh removed,
cut into small cubes

3 green shallots, diagonally sliced

Pinch black or toasted white
sesame seeds, to serve

1 Whisk the lime juice, chilli and oil
together in a bowl. Season with
pepper. Add the prawns and toss to
combine. Set aside for 10 minutes
to marinate.

2 Divide the grains between two
serving bowls. Top with the
marinated prawns, avocado,
radishes, mango and green shallots.
Drizzle over any leftover marinade
and serve the poke bowls with a
sprinkle of sesame seeds.

Nutrition info

PER SERVE 1630kJ, **protein** 13g,
total fat 19g (sat. fat 3g), **carbs** 36g,
fibre 11g, **sodium** 318mg • **Carb**
exchanges 2½ • **GI estimate** low
• **Gluten free**



FRIDAY

GFO

RED CAPSICUM & BEAN TIKKA MASALA

PREP 10 MINS **COOK** 15 MINS
SERVES 2 (AS A MAIN)

1 Tbsp olive oil
1 brown onion, chopped
2 red capsicums, deseeded and cut into strips
1 clove garlic, crushed
3cm piece of ginger, grated
1 red chilli, finely chopped
2 tsp garam masala
2 tsp curry powder or gluten-free curry powder
1 Tbsp passata
425g can salt-reduced baked beans
100ml water
Juice of half a lemon
55g (¼ cup) Sun Rice Clever Low GI White Rice, cooked following pkt directions, to serve
Coriander leaves, to serve

1 Heat the oil in a medium saucepan over medium heat. Add the onion and capsicum. Cook, stirring occasionally, for 5 minutes or until softens. Add the garlic, ginger, chilli, garam masala and curry powder. Cook, stirring, for 1 minute.

2 Stir in the passata, baked beans and water into the pan. Simmer for 5 minutes over medium heat. Squeeze in the lemon juice. Serve with the rice and scatter over the coriander leaves.

Nutrition info

PER SERVE 2060kJ, **protein** 19g, **total fat** 12g (sat. fat 2g), **carbs** 63g, **fibre** 21g, **sodium** 690mg
• **Carb exchanges** 4
• **GI estimate** low
Gluten-free option





LOVE YOUR LEFTOVERS

Not sure what to do with the remaining food?
Take inspiration from these tasty tips

GROCERIES

PASSATA: Use in pasta sauces, as a base for pizza toppings.

KORMA PASTE: Combine with some leftover yoghurt and lemon juice and season with pepper. Use to marinate chicken breasts or lamb. Barbecue and serve with the leftover tub of rice and salad.

MANGO CHUTNEY: Combine with leftover yoghurt and some chopped coriander and mint and serve as a dip with veggie sticks.

FLAKED ALMONDS: Toast and toss a few into your salad or finely chop and use in your crumbing mixture. Use in desserts or baking.

BROWN RICE & QUINOA: Serve with your favourite curry or use as a base to a rice salad.

PESTO: Spread a little on sandwiches to add a real flavour hit or use in dressings or toss through pasta and serve with a big salad.

ARTICHOKE HEARTS: Cut into small pieces and use on a pizza or

toss through your tomato-based pasta sauce, or toss into salads.

STOCK: Freeze leftover stock in portions, remembering to label and date first.

QUINOA: Cook and serve as an alternative to rice.

ROLLS: Freeze and keep for another day. Fill with homemade burger patties and lots of salad.

SAUSAGES: BBQ or grill and serve with salad and baked potatoes.

SHOPPING LIST

GROCERIES

- ☐ 400g jar passata
- ☐ 425g can reduced-salt baked beans
- ☐ 283g jar korma paste
- ☐ 354g jar mango chutney
- ☐ 250g pouch cooked basmati rice
- ☐ 110g flaked almonds
- ☐ 2 x 125g tubs SunRice cooked brown rice & quinoa
- ☐ 400g can butter beans
- ☐ 190g bottle pesto
- ☐ 230g jar artichoke hearts (in vinegar)
- ☐ 1L carton salt-reduced vegetable stock
- ☐ 500g pkt quinoa
- ☐ 4 pkt Bakery Du Jour Brioche Burger Buns

FRUIT & VEGETABLES

- ☐ 2 brown onions
- ☐ 1 red onion, 1 small red onion
- ☐ 1kg pkt baby Carisma potatoes
- ☐ 2 red capsicums
- ☐ 250g punnet cherry tomatoes
- ☐ Small piece ginger
- ☐ 2 lemons
- ☐ 3 limes
- ☐ 2 red chillies
- ☐ 1 bunch coriander

- ☐ 1 bunch mint
- ☐ 1 bunch dill
- ☐ 1 pomegranate
- ☐ 1 ripe avocado
- ☐ 1 bunch small radishes
- ☐ 1 mango
- ☐ ½ bunch green shallots
- ☐ 250g pkt cooked beets
- ☐ 1 large carrot

MEAT & POULTRY

- ☐ 4 (600g) skinless & boneless chicken thigh fillets
- ☐ 450g pkt Peppercorn Pork & Red Onion Sausages
- ☐ 250g lean lamb mince

SEAFOOD

- ☐ 300g cooked king prawns

CHILLED

- ☐ 907g tub Chobani No Fat Greek Yoghurt

PANTRY

- ☐ Olive oil
- ☐ 1 clove garlic
- ☐ Garam masala
- ☐ Curry powder
- ☐ Sesame seeds
- ☐ Fennel seeds
- ☐ Black pepper
- ☐ SunRice Clever Low GI White Rice
- ☐ Sesame oil

FRUIT & VEGETABLES

TOMATOES: Use in salads, chop and throw on a pizza topping or eat as a snack.

GINGER: Finely slice or chop and use in stir-fries, dressings or in baking.

LEMON: Thinly slice and put in your water bottle to add a fresh taste to your water.

CORIANDER, MINT & DILL: Finely chop any leftover herbs and combine. Add a little grated lemon zest, a clove of grated garlic, drizzle of olive oil and a squeeze of lemon juice. Sprinkle over steamed vegies.

RADISHES: Thinly slice and use in salads, or just munch on as a snack.

SHALLOTS: Thinly slice and use in salads, on sandwiches or toss into stir-fries at the end of cooking just before serving.

BEETS: Slice and use on sandwiches or quarter and use in salads. Also try, finely chopping the extra beetroot and mixing with leftover yoghurt, lemon zest and juice and freshly ground black pepper for a quick and easy dip.

POTATOES: Use to make potato salads, roast or simply steam and serve as a side.

POMEGRANATE: Eat the remaining pomegranate seeds as a snack with some leftover yoghurt and a small handful of almonds. ■



BACK TO SCHOOL LUNCHES & DINNERS

How our
food works
for you
see page 75

These recipes, from a big-batch soup to a veg-packed wrap,
make equally good lunches or dinners for kids





Super-salad wrap
Recipe, page 26

Cook's Tip

Make an exciting vegetarian salad wrap with crunchy vegetables for texture and a good hit of cheddar cheese. Perfect for packing into a lunchbox.

LOWER-CARB OPTION

Swap the tortilla for a lower-carb wrap such as Woolworths Lower Carb Wholemeal Wrap, and drop the grapes, instead serve with double the strawberries.

lunch

LCO GFO

SUPER-SALAD WRAP

PREP 5 MINS **SERVES** 1
(AS A LIGHT MEAL)

1 tortilla or gluten-free tortilla
1 Tbsp hummus
1 lettuce leaf
¼ carrot, shredded or grated
4 Lebanese cucumber sticks
2 slices avocado
2 Tbsp chopped tomatoes
20g reduced-fat grated cheese
7 strawberries, to serve
Small bunch (50g) grapes, to serve

1 Place the tortilla out flat on a board. Spread the hummus over the bottom third of the wrap. Put the lettuce on top. Arrange the carrot, cucumber and avocado on top of the lettuce. Spoon the tomato on top and sprinkle on the cheese.

2 Fold the bottom of the wrap up just over the filling, fold the sides in and then roll the wrap the rest of the way up. Cut in half or into pieces as shown. Either put straight into a lunchbox or if halved, wrap in wax paper first.

Nutrition info

PER SERVE 1540kJ, **protein** 12g, **total fat** 16g (sat. fat 4g), **carbs** 37g, **fibre** 10g, **sodium** 610mg • **Carb exchanges** 2½ • **GI estimate** low
• **Gluten-free option**

LCO

Nutrition info

PER SERVE 1350kJ, **protein** 18g, **total fat** 16g (sat. fat 5g), **carbs** 16g, **fibre** 18g, **sodium** 517mg • **Carb exchanges** 1 • **GI estimate** low
• **Lower carb**

Make lunch something to look forward with these fresh takes on familiar favourites

LCO

SWEDISH-STYLE MEATBALLS

PREP 15 MINS **COOK** 20 MINS
SERVES 4 (AS A MAIN)

½ brown onion, roughly chopped
85g fresh white breadcrumbs (made from sourdough bread)
1 Tbsp chopped flat-leaf parsley
200g lean pork mince
200g turkey breast mince
Pinch of ground nutmeg
Freshly ground black pepper
1 Tbsp plain flour, plus extra for dusting
1 Tbsp olive oil
1 Tbsp margarine
400ml salt-reduced beef stock, heated until hot
2 Tbsp light thickened cream
8 small Carisma potatoes, halved, steamed, to serve
400g broccoli florets, steamed, to serve
4 tsp lingonberry jam

1 Put the onion, breadcrumbs and parsley in the bowl of a small food processor. Process until finely chopped. Add the pork and turkey mince and nutmeg to the food processor. Season with pepper. Using the pulse button process until just combined. Shape into 20 walnut-sized meatballs. Place the flour for dusting on a plate. Toss the meatballs in the flour to coat, shaking off any excess.

2 Heat the oil in a large non-stick frying pan over medium-high heat. Add the meatballs in batches and

cook for 3-4 minutes, turning often, or until they are browned all over. Carefully lift them out of the pan with a slotted spoon and drain on paper towel.

3 Melt the margarine in the frying pan over medium heat. Sprinkle over the 1 Tbsp flour and stir well. Cook, stirring often, for 2 minutes. Remove the pan from the heat and gradually whisk in the stock. Return the pan to the heat and cook, whisking until a thick gravy has formed. Return the meatballs to the pan and simmer for 5 minutes or until the meatballs are cooked through. Stir in the cream.

4 Serve the meatballs with the potatoes, broccoli and lingonberry jam.

Nutrition info

PER SERVE 1790kJ, **protein** 35g, **total fat** 15g (sat. fat 5g), **carbs** 42g, **fibre** 9g, **sodium** 524mg • **Carb exchanges** 3 • **GI estimate** low

LCO

Nutrition info

PER SERVE 1580kJ, **protein** 31g, **total fat** 16g (sat. fat 5g), **carbs** 26g, **fibre** 6g, **sodium** 519mg • **Carb exchanges** 1½ • **GI estimate** low
• **Lower carb**

**LOWER-CARB
OPTION**

Drop the potatoes
and add 1 carrot and
1 zucchini, cut into
thick battons and
steamed.

Cook's Tip

You can replace the
pork and turkey
mince with lean
beef mince or
chicken mince.





GFO

CREAMY LENTIL & VEGIE CURRY

PREP 10 MINS **COOK** 30 MINS
SERVES 4 (AS A MAIN)

2 Tbsp olive oil
1 brown onion, chopped
1 tsp ground cumin
2 tsp curry powder or gluten-free curry powder
180g dried red lentils
300g orange sweet potato, cut into cubes
750ml (3 cups) salt-reduced vegetable or gluten-free stock
250ml (1 cup) water
400g can no added salt peeled cherry tomatoes

200g green beans, trimmed, cut into short lengths
4 Tbsp reduced-fat Greek natural yoghurt
½ small bunch coriander, chopped
¼ Lebanese cucumber, finely chopped
70g (½ cup) basmati rice, prepared following packet directions

1 Heat the oil in a large saucepan over medium heat. Add the onion and cook, stirring occasionally, for 3-4 minutes or until the onion starts to soften. Add the cumin and curry powder. Cook, stirring, for 1 minute. Stir in the lentils, sweet potato, stock, water and the cherry tomatoes.

2 Bring the pan to the boil over high heat. Cover and reduce heat to low. Simmer, covered, stirring occasionally, for 20 minutes or until the lentils and sweet potatoes are tender. Add the beans and cook for 2 minutes. Stir in the yoghurt.

3 Sprinkle the coriander and cucumber over curry. Serve with the rice.

Nutrition info

PER SERVE 1800kJ, **protein** 18g, **total fat** 12g (sat. fat 2g), **carbs** 56g, **fibre** 13g, **sodium** 533mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**

GFO LC

BIG BATCH CHICKEN SOUP**PREP** 10 MINS **COOK** 1½ HOURS**SERVES** 4 (WITH LEFTOVERS FOR 4;
AS A MAIN)

- 1 Tbsp olive oil
- 1 brown onion, finely chopped
- 1 large carrot, finely chopped
- 2 sticks celery, finely chopped
- 1.5kg free-range whole chicken,
all excess fat and skin removed
- 1 bay leaf
- 2 salt-reduced chicken stock cubes
or gluten-free stock cubes

- 200g frozen peas
- 200g frozen corn kernels
- 200g small pasta or gluten-free
pasta or dried noodles snapped
into pieces, cooked following
packet directions

1 Heat the oil in a large, deep saucepan over low heat. Add the onion, carrot, and celery. Cook, stirring occasionally, for 10 minutes or until the vegetables are very soft and the onion is translucent.

2 Sit the chicken on top of the vegetable mix. Add the bay leaf, stock cubes and enough cold water to come most of the way up the chicken. Bring slowly to a simmer over medium heat. Cover with a lid and cook for 1 hour then check whether the chicken is cooked through – the meat should have started to pull away from the ends of the legs if it is. Carefully lift the chicken out of the pan and let it cool a little then ease the breast meat from the carcass. (Cool and chill the breasts to keep for another day) Strip the remaining meat off the bones and chop it into cubes small enough to sit on a soup spoon.

3 Taste the broth the chicken was cooked in and if it tastes weak, boil it for a further 15-20 minutes to reduce. Stir in the peas and corn along with the pasta and return to a simmer. Return the chicken meat to the pan. Cook until heated through.

Nutrition info

PER SERVE 1670kJ, **protein** 28g, **total fat** 19g (sat. fat 5g), **carbs** 26g, **fibre** 4g, **sodium** 248mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

Cook's Tip

Use a whole chicken to make a big batch of family-friendly chicken soup. Treat the recipe as a base and add your choice of vegetables or bulk it up with grains.





Omelette in a bun
Recipe, page 32

lunch

Lunchbox pasta salad
Recipe, page 32

LOWER-CARB OPTION

Replace the pasta
with 200g Atkins
Low Carb Penne.

lunch

GFO LC

OMELETTE IN A BUN

PREP 5 MINS **COOK** 20 MINS
SERVES 4 (AS A LIGHT MEAL)

1 Tbsp olive oil
1 (175g) potato, unpeeled, cut into cubes
1 large green shallot, finely sliced
1 cup baby spinach leaves
5 x 60g eggs
Freshly ground black pepper
10 small cherry tomatoes, halved
40g reduced-fat feta, crumbled
4 x 50g multigrain or wholemeal rolls or gluten-free rolls

- 1 Preheat a grill on medium-high.
- 2 Heat the oil in a small non-stick frying pan over low heat. Add the potato and cook, stirring occasionally, over low heat for 10 minutes or until it is brown and tender. Add the shallot and cook, stirring, for 1 minute. Stir in the spinach.
- 3 Whisk the eggs in a bowl with pepper. Pour the eggs into the pan and cook until set on the base. Dot on the tomatoes and sprinkle over the feta. Place the pan under the grill until the top browns. Set aside for 5 minutes then slide out of the pan and cut into thirds.
- 4 Split the rolls and stuff them with a piece of omelette, sandwich together and serve.

Nutrition info

PER SERVE 1290kJ, **protein** 19g, **total fat** 14g (sat. fat 4g), **carbs** 25g, **fibre** 4g, **sodium** 568mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

GFO LCO

LUNCHBOX PASTA SALAD

PREP 15 MINS **COOK** 15 MINS
SERVES 4 (AS A LIGHT MEAL)

200g pasta or gluten-free pasta
2 Tbsp pesto or gluten-free pesto
1 Tbsp 97% fat-free mayonnaise or gluten-free mayonnaise
2 Tbsp reduced-fat Greek natural yoghurt
Juice of half a lemon
1 small zucchini, chopped
50g green beans, chopped
½ cup frozen peas
100g cherry tomatoes, quartered
100g cooked and peeled small prawns
60g salt-reduced ham or gluten-free ham, chopped

- 1 Cook the pasta in a large saucepan of boiling water for 10-12 minutes or until al dente. Drain and tip into a bowl. Stir in the pesto and set aside to cool.
- 2 Meanwhile, place the zucchini, beans and peas in a shallow microwave-safe dish. Add 2-3 tablespoons water. Cover and cook on High/100% for 2-3 minutes or until tender. Drain well and set aside to cool.
- 3 When the pasta is cool, stir through the mayonnaise, yoghurt, lemon juice, zucchini, beans, peas

and tomatoes. Spoon into lunchboxes or on to plates and top two with the prawns and two with the ham. Chill until ready to eat if intended for a packed lunch.

Nutrition info

PER SERVE (with prawns) 1180kJ, **protein** 15g, **total fat** 6g (sat. fat 1g), **carbs** 40g, **fibre** 4g, **sodium** 395mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

Nutrition info

PER SERVE (with ham) 1200kJ, **protein** 14g, **total fat** 6g (sat. fat 1g), **carbs** 41g, **fibre** 5g, **sodium** 292mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

LCO

PER SERVE (with prawns) 1150kJ, **protein** 34g, **total fat** 6g (sat. fat 1g), **carbs** 17g, **fibre** 9g, **sodium** 418mg • **Carb exchanges** 1 • **GI estimate** low • **Lower carb**

Nutrition info

PER SERVE (with ham) 1170kJ, **protein** 33g, **total fat** 7g (sat. fat 1g), **carbs** 18g, **fibre** 9g, **sodium** 314mg • **Carb exchanges** 1 • **GI estimate** low • **Lower carb** ■





cover recipe

PIZZA PARTY

Make a meal of it when you put this tasty, filling and healthy Middle Eastern-spiced pizza on the table

MEAT & THREE VEG PIZZA

PREP 20 MINS (+ 1 HOUR PROVING) **COOK** 20 MINS **SERVES** 4 (AS A MAIN)

2 tsp dried yeast
185ml (¾ cup) lukewarm water
+ 1 Tbsp extra water
2 tsp extra virgin olive oil
280g (1¾ cups) wholemeal plain flour
350g extra lean beef mince
1 small brown onion, finely chopped
½ cup coarsely chopped flat-leaf parsley, plus extra, to serve
2 tsp smoked paprika
2 tsp harissa spice blend
2 tsp ground cumin
200g broccoli, cut into small florets
2 Tbsp arrabiata pasta sauce
1 small red capsicum, cut into strips
100g small Swiss brown mushrooms, large ones halved
50g (½ cup) grated mozzarella

1 Combine the yeast and 185ml (¾ cup) water in a small jug. Set aside for 10 minutes or until the mixture is frothy. Stir in the oil. Place the flour in a medium bowl of an electric mixer fitted with a dough hook. Add the yeast mixture and the 1 Tbsp water. Mix on a low speed to combine. Increase heat to medium and mix for 5 minutes or until smooth and elastic. Transfer to a lightly floured surface and shape into a ball. Place in a lightly floured bowl and cover with plastic wrap. Set aside for 30 minutes or until the dough has risen slightly.

2 Press the dough out on a piece of baking paper to a 25 x 30cm rectangle. Slide the paper with the dough onto a large baking tray. Cover with plastic wrap and set aside for 30 minutes or until the dough has risen slightly.

3 Preheat oven to 220°C (fan-forced). Place a large baking tray in the oven on the lowest shelf to heat up.

4 Meanwhile, combine the beef mince, onion, parsley, paprika, harissa and cumin in a medium bowl. Line an oven tray with baking paper. Shape tablespoons of the beef mixture into balls and place on the lined tray. Bake for 7 minutes or until just cooked through. Transfer to a plate lined with paper towel to soak up any excess moisture.

5 Place the broccoli in a small, heatproof bowl. Pour over boiling water and set aside for 2 minutes. Drain. Rinse under cold water. Drain well.

6 Prick the dough all over with a fork. Spread the pasta sauce over the dough. Scatter over the broccoli, capsicum and mushrooms. Remove the hot tray from the oven and carefully slide the paper with the pizza onto the hot tray.

7 Cook the pizza on the lowest shelf for 12 minutes or until the base is lightly browned and crisp. Remove from the oven. Preheat an oven grill on high. Place the meatballs on the pizza and sprinkle over the cheese. Grill for 3 minutes or until the cheese melts and is golden. Top with extra parsley leaves and serve immediately.

Nutrition info

PER SERVE 1960kJ, **protein** 37g, **total fat** 11g (sat. fat 4g), **carbs** 47g, **fibre** 13g, **sodium** 244mg
• **Carb exchanges** 3 • **GI estimate** medium



EASY GLUTEN FREE

How our
food works
for you
see page 75

Making meals without gluten has never been simpler. These classics, with all their wonderful flavours, are now on the menu. Yay!



Quiche Lorraine
Recipe, page 36

Cook's Tip

For a change of flavour, you can replace the ham with salt-reduced smoked salmon and the grated cheese with crumbled low-fat ricotta.

GF

LC

QUICHE LORRAINE

PREP 15 MINS (+ 20 MINS CHILLING)
COOKING 50 MINS **SERVES** 6 (AS A LIGHT MEAL)

2 sheets (240g) Simply Wize
 Gluten Free Puff Pastry
 4 x 60g eggs
 185ml (¾ cup) skim milk
 Freshly ground black pepper
 40g gluten-free salt-reduced leg
 ham, finely chopped
 35g (1/3 cup) reduced-fat grated
 cheese
 3 x 250g trays cherry tomatoes on
 vine
 Rocket leaves, to serve (optional)

1 Preheat oven to 170°C (fan-forced). Line an oven tray with baking paper. Spray a 20cm (base measurement) loose-based flan tin with cooking spray. Put tin on prepared tray. Prepare pastry following pack instructions, rolling out to 3-4mm thick. Line tin with pastry, trimming to fit. Place in the fridge 20 minutes to chill.

2 Cover the pastry with a piece of baking paper and fill with baking beans or rice. Bake for 15 minutes.

Remove the paper and beans and bake for a further 5 minutes. Remove pastry from the oven and increase oven temperature to 180°C (fan-forced).

3 Whisk the eggs, milk and pepper in a medium bowl. Sprinkle the ham and cheese over the pastry case. Pour the egg mixture over the filling. Bake for 25-30 minutes or until the filling is set. Set aside for 10 minutes before removing from the tin.

4 Meanwhile, line a small oven tray with baking paper. Put the tomatoes on the prepared tray. Spray with cooking spray. Roast for 15 minutes or until tomatoes have softened. Remove from oven and set aside.

5 Sprinkle the quiche with rocket leaves, if you like. Serve with roasted tomatoes.

Nutrition info

PER SERVE 940kJ, **protein** 11g, **total fat** 8g (sat. fat 4g), **carbs** 26g, **fibre** 4g, **sodium** 317mg • **Carb exchanges** 1½ • **GI estimate** low
 • **Gluten free** • **Lower carb**

GF

CHARGRILLED VEGIE AND GOAT'S CHEESE PIZZA

PREP 10 MINS **COOK** 15 MINS
SERVES 2 (AS A LIGHT MEAL)

250g cherry tomatoes, chopped
 2 x 150g individual gluten-free
 pizza bases
 200g (1 cup) drained chargrilled
 vegetables, patted dry with
 paper towel, cut into strips
 50g goat's cheese, crumbled
 100g (4 cups) rocket leaves, to
 serve

1 Put the tomatoes in a small food processor or blender and process until smooth. Heat a small non-stick frying pan over medium heat. Add the blended tomatoes and cook, stirring occasionally, for 3-4 minutes or until it reduces to a thick sauce. Set aside for 5 minutes to cool slightly.

2 Preheat oven to 210°C (fan-forced). Line an oven tray with baking paper. Put the pizza bases on the lined tray. Divide the tomato sauce over the bases. Top with the chargrilled vegetables and sprinkle over the goat's cheese. Bake for 8-10 minutes or until the crust is golden.

3 Sprinkle the rocket over the pizzas. Cut into pieces and serve.

Nutrition info

PER SERVE 1210kJ, **protein** 10g, **total fat** 8g (sat. fat 2g), **carbs** 42g, **fibre** 4g, **sodium** 834mg • **Carb exchanges** 3 • **GI estimate** high
 • **Gluten free**

LCO

GF

Nutrition info

PER SERVE 752kJ, **protein** 5g, **total fat** 7g (sat. fat 2g), **carbs** 20g, **fibre** 6g, **sodium** 482mg • **Carb exchanges** 1½ • **GI estimate** high
 • **Gluten free** • **Lower carb**

Gluten-free bread, pizza bases and pastry can be high in GI, salt and sugar, and low in fibre, so we have chosen brands that tick the better health boxes. As a rule, look for wholegrain ingredients, like buckwheat and quinoa, as well as seeds, beans and nuts, and when possible choose products with less than 120mg sodium per 100g.

gluten free

Cook's Tip

If you prefer, use 50g low-fat fresh ricotta instead of the goat's cheese. For extra flavour, drizzle the rocket with balsamic glaze before serving.

LOWER-CARB OPTION

Use 2 Bfree pita pockets in place of the pizza base.

gluten free

GF LC

EGG & CHICKEN WRAPS

PREP 10 MINS **COOK** 10 MINS
SERVES 2 (AS A LIGHT MEAL)

100g Chang's Gluten Free
Wok-Ready Lo-Cal Noodles

½ tsp olive oil

2 x 60g eggs

1 Tbsp water

125g cooked skinless chicken
breast, shredded (see Cook's
Tips)

105g (1½ cups) beetroot slaw
(shredded broccoli stem,
carrot and beetroot)

1 Tbsp Praise 99% Fat-Free
Squeezable Traditional
Creamy Mayonnaise

1 Tbsp Trident Sweet Chilli Sauce
Coriander leaves, to serve
(optional)

1 Put the noodles in a colander and rinse under cold water for 15 seconds. Set aside to drain well. Heat ½ the oil in a medium non-stick frying pan over medium-high heat. Add the noodles and cook, stirring often, for 2 minutes. Transfer to a small bowl, cover loosely with foil and set aside.

2 Heat the remaining oil in the same frying pan. Whisk the eggs and water in a small bowl. Pour ½ the egg mixture over the base of the pan and swirl to coat. Cook for 1 minute or until the base of the omelette is light golden brown. Turn the omelette over and cook for a further minute. Transfer to a plate. Repeat with the remaining egg mixture.

3 Put the chicken, beetroot slaw, mayonnaise and sweet chilli sauce in a large bowl. Add the noodles and toss to combine. Divide the chicken mixture between omelettes. Sprinkle each with coriander leaves, if you like. Roll up firmly to enclose filling and serve.

Nutrition info

PER SERVE 1010kJ, **protein** 25g,
total fat 8g (sat. fat 2g), **carbs**
16g, **fibre** 4g, **sodium** 412mg

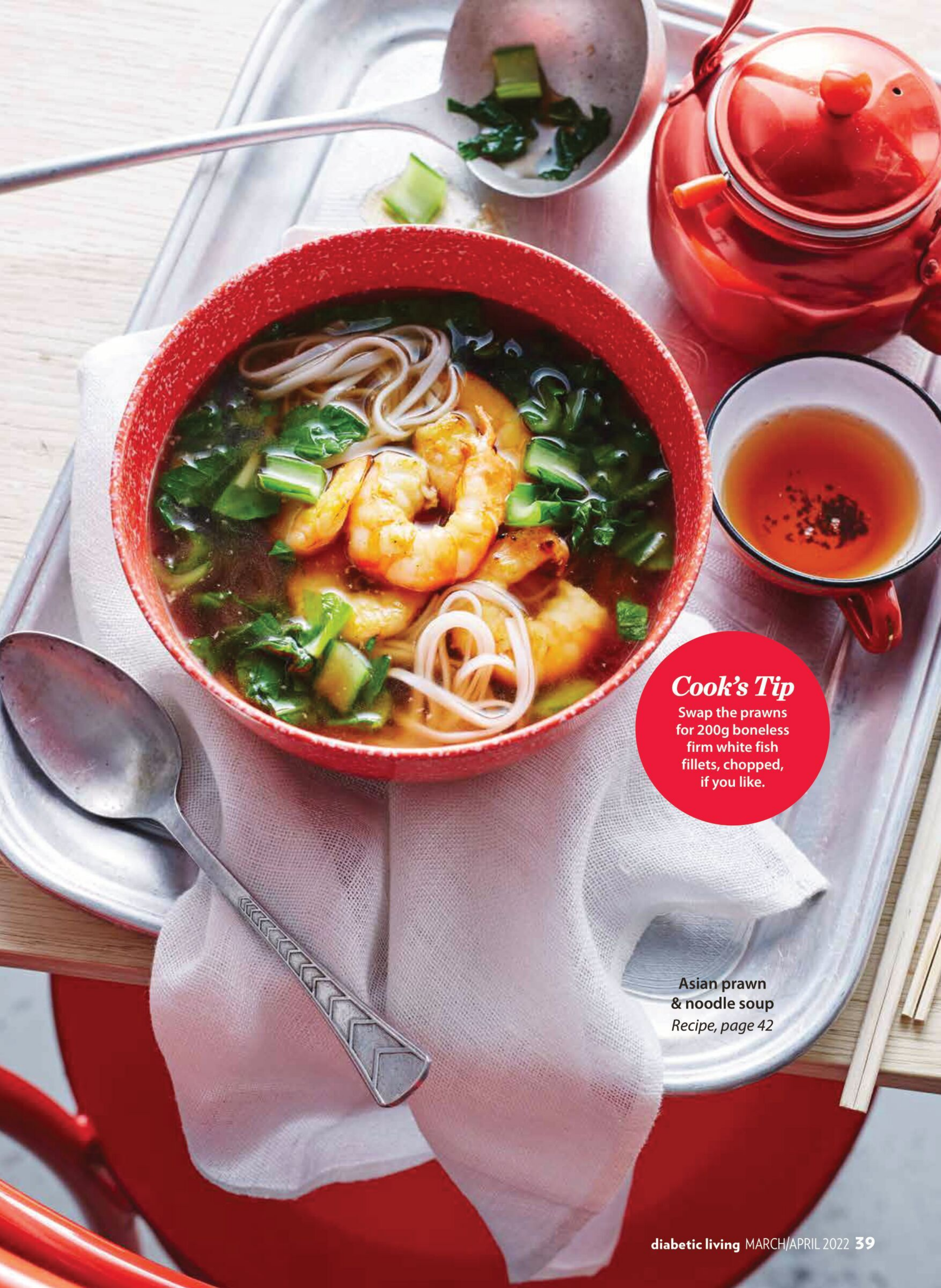
• **Carb exchanges** 1 • **GI estimate**
medium • **Gluten free**

• **Lower carb**

Cook's Tip

To cook the chicken breast, put in a steamer basket over a small saucepan of simmering water. Cook for 8-10 minutes or until cooked through. Set aside to cool, then shred. If you can't find Beetroot Slaw, use your own mixture of finely shredded vegetables.





Cook's Tip

Swap the prawns for 200g boneless firm white fish fillets, chopped, if you like.

Asian prawn
& noodle soup
Recipe, page 42



GF

BEEF & VEGIE CURRY PUFFS

PREP 15 MINS **COOK** 25 MINS
SERVES 4 (AS A LIGHT MEAL)

2 tsp Patak's Korma Curry Paste
125g extra-lean beef mince
200g chopped mixed frozen
vegetables

2 sheets Simply Wipe Gluten Free
Puff Pastry, defrosted

60g egg, lightly whisked

75g (3 cups) mixed salad leaves, to
serve

1 Put the curry paste in a medium
non-stick frying pan over medium
heat. Cook, stirring, for 1 minute.

Increase heat to medium-high and
add the mince. Cook, stirring, for 1
minute. Add the vegetables and
cook, stirring, for 1-2 minutes or
until the mince is well browned.
Transfer to a bowl and set aside to
cool.

2 Preheat oven to 190°C (fan-
forced). Line 2 oven trays with
baking paper. Prepare the pastry
following pack instructions, rolling
out to 5mm thick. Using a 9cm
round cutter, cut out 12 rounds,
re-rolling when needed.

3 Add 1 Tbsp of the whisked egg to
mince mixture and stir to combine.

Spoon 1 Tbsp of the filling onto
centre of each pastry round. Brush
edges with a little egg. Fold pastry
over filling and pinch edges
together to seal. Put the curry puffs
on prepared trays. Brush with
remaining egg. Bake for 18-20
minutes or until pastry is golden.
Serve 3 curry puffs per person with
salad.

Nutrition info

PER SERVE 1120kJ, **protein** 13g,
total fat 8g (sat. fat 4g), **carbs** 35g,
fibre 5g, **sodium** 320mg • **Carb**
exchanges 2½ • **GI estimate**
medium • **Gluten free**

GF

BLT

PREP 5 MINS **COOK** 5 MINS

SERVES 2 (AS A LIGHT MEAL)

120g skinless chicken breast fillet, trimmed of fat, split lengthways in half

2 slices short-cut bacon, trimmed of fat

Freshly ground black pepper

4 butter lettuce leaves

2 tomatoes, sliced

4 (30g each) slices Genius Gluten Free Seeded Loaf, toasted

2 Tbsp Beerenberg Tomato Chutney

1 Preheat a chargrill pan on medium-high heat. Spray the

chicken and bacon with cooking spray. Season with pepper.

Add to the chargrill and cook for 2 minutes on each side or until cooked through. Transfer to a plate.

2 Put the lettuce and tomato on 2 slices of the bread. Add a slice of chicken and bacon to each. Top each with 1 Tbsp of the chutney. Add the remaining bread slices on top. Serve.

Nutrition info

PER SERVE 1390kJ, **protein** 24g, **total fat** 9g (sat. fat 2g), **carbs** 36g, **fibre** 9g, **sodium** 764mg

• **Carb exchanges** 2½ • **GI estimate** low • **Gluten free**

Cook's Tip

You'll find Genius Gluten-Free breads in the freezer section of the supermarket. We love the high fibre content of this bread, which will help keep you feeling fuller for longer!



gluten free

GF

PESTO & SALMON PASTA

PREP 5 MINS **COOK** 10 MINS
SERVES 2 (AS A MAIN MEAL)

80g San Remo Gluten-Free
Spirals pasta
250g mixed frozen vegetables
(carrot, beans and broccoli),
larger pieces cut smaller
1½ Tbsp Barilla Genovese basil
pesto
50g (2 cups) baby spinach leaves
210g can red salmon, drained,
flaked
Freshly ground black pepper
10g parmesan shavings, to serve

1 Cook the pasta in a small
saucepan of boiling water
following packet instructions,
adding the frozen vegetables in
the last 2 minutes of cooking.
Drain and return to the pan.

2 Add the pesto and spinach to
pasta mixture and toss to combine.
Add the salmon and season with
pepper. Stir gently to combine.
Divide the mixture between
shallow serving bowls. Sprinkle
with the parmesan and serve.

Nutrition info

PER SERVE 1960kJ, **protein** 34g,
total fat 17g (Sat. Fat 4g), **carbs**
42g, **fibre** 6g, **sodium** 722mg
• **carb exchanges** 3 • **GI estimate**
medium • **Gluten free**

GF

LC

ASIAN PRAWN AND NOODLE SOUP

PREP 10 MINS **COOK** 10 MINS
SERVES 2 (AS A LIGHT MEAL)

70g Kan Tong Thin Rice Wok
Ready Noodles

1 tsp olive oil
300g green prawns, peeled and
deveined, tails left intact
1 Massel Ultracube Vegetable
Salt-Reduced Stock Cube
375ml (1½ cups) boiling water
4cm piece ginger, finely grated
2 tsp gluten-free tamari
1 bunch choy sum, trimmed,
shredded

1 Put the noodles in a heatproof
bowl. Cover with boiling water and
set aside for 3-4 minutes or until
the noodles soften. Drain and set
aside.

2 Heat the oil in a medium
saucepan over high heat. Add the
prawns and cook for 2 minutes,
turning occasionally, or until almost
cooked through. Transfer to a plate.
Combine the stock cube and
boiling water in a medium jug.

3 Add the ginger to pan and cook,
stirring, for 1 minute. Add the
prepared stock and bring to the
boil. Reduce heat to medium and
cook for 2 minutes. Add the
noodles, tamari and choy sum and
cook for 1 minute. Return the
prawns to the pan and cook for a
further 1 minute or until the prawns
are cooked through.

4 Divide the soup between serving
bowls. Serve.

Nutrition info

PER SERVE 700kJ, **protein** 19g,
total fat 4g (sat. fat 1g), **carbs** 14g,
fibre 3g, **sodium** 753mg • **Carb**
exchanges 1 • **GI estimate** low
• **Gluten free** • **Lower carb** ■





How our
food works
for you
see page 75

wrap it up

En papillote [ohn pah-pee-YOTE] roughly translates to food cooked in paper. Don't let the famous French technique intimidate you. It's a super-simple, good-to-know method for steaming vegetables and heart-healthy fish

how to

STEP 1: Cut paper

Cut the baking paper into four 40cm-long pieces. Arrange them flat on your work surface. Preheat oven to 180°C (fan-forced) with a rack set to lower-middle position.

STEP 2: Layer vegies

Slice the potatoes extra thin. Divide slices between the paper, layering slightly off-centre. Top with the asparagus and leek. (Cut thick asparagus into 5cm-thick pieces.) To ensure even cooking, place hearty vegetables on the bottom and delicate ones on top. Pat fillets dry with a paper towel; place one fillet on top of each vegetable mound.



STEP 3: Flavour up

Spread mustard on each fillet, then season with pepper. Pour 1 Tbsp water around each fillet to create the steam necessary to cook the ingredients. You can use white wine in place of the water, but it will discolour the vegetables.

STEP 4: Fold it

Fold the empty side of baking paper over vegies and fish to cover. Starting from the bottom folded corner, begin folding edges together. Make small, overlapping pleats every 2½cm to create half-moon-shape packets. Transfer to two baking trays and bake for 20 minutes or until the packets are puffed and the fish is cooked through.



Cook's Tip

Pleat packets tightly or the fish and vegetables won't cook properly.

STEP 5: Get ripped

Remove the packets from the oven and carefully rip open to release steam. Sprinkle the chives over the top just before serving. Serve with lemon wedges and steamed vegetables.

FLAVOUR SWAPS

Don't have some of the ingredients, such as potatoes or asparagus, on hand? Pick from these instead.

CLASSIC

ASIAN

Shallots



Carrots



Fennel bulb



White onion



Green beans



Baby bok choy



Garlic



Capsicum



Capers



Ginger



Dill



Orange juice



White wine



Rice wine vinegar



Greek yoghurt (topping)



Green shallot (topping)





SALMON EN PAPILLOTE

PREP 25 MINS **COOK** 20 MINS

SERVES 4 (AS A MAIN)

1 leek, white and light green parts only

350g small red potatoes, unpeeled, cut into very thin slices

2 bunches thin asparagus, woody ends trimmed

4 x 150g skinless and boneless salmon fillets, patted dry with paper towel

4 tsp Dijon mustard or gluten-free mustard

Freshly ground black pepper

4 Tbsp water

1 bunch chives, snipped, to serve

4 lemon wedges, to serve

1 bunch broccolini, steamed, to serve

1 large carrot, sliced, steamed, to serve

1 Place one oven rack in upper third and one rack in lower-middle position. Preheat oven to 180°C (fan-forced). Cut four x 40cm-long pieces of baking paper.

2 Cut the leek in half lengthways and rinse well. Cut into thin bite-size strips.

Divide the potatoes among baking paper, layering slightly off-centre. Top with the asparagus, leek, and salmon.

3 Spread each salmon fillet with 1 tsp mustard and sprinkle with pepper. Drizzle 1 Tbsp water around each mound.

4 Fold the empty side of the baking paper over the vegetables and fish to cover. Starting from the bottom, fold edges of baking paper together, making small overlapping pleats every 2.5cm or so to create half-moon-shape packets. Transfer packets to two baking trays.

5 Bake on separate oven racks for 20 minutes or until the packets are puffed, switching racks halfway through. Carefully open the packets to release steam. Top the salmon with the chives and serve with lemon wedges.

Nutrition Info

PER SERVE 1730kJ, **protein** 39g, **total fat** 19g (sat. fat 6g), **carbs** 18g, **fibre** 8g, **sodium** 221mg • **Carb exchanges** 1 • **GI estimate** medium • **Gluten-free option** • **Lower carb**

SUPPLIES

KITCHEN TOOLS

Baking paper

Chef's knife

Mandolin

Palette knife

Measuring spoons

Baking trays

GROCERY LIST

Four x 150g skinless salmon fillets

350g small red potatoes

1 leek

2 bunches asparagus

Dijon mustard

Freshly ground black pepper

Fresh chives

Lemons

Round it out

If you require more carbohydrate with your main meal, choose a heart-healthy wholegrain side. Each grain here pairs well with fish and vegetables. Using the amounts and timings listed, boil the water, add the grain, then reduce heat to simmer until tender. If necessary, drain any remaining water.

Black rice

Simmer ½ cup dried black rice + 310ml (1 ¼ cups) water for 40 minutes.

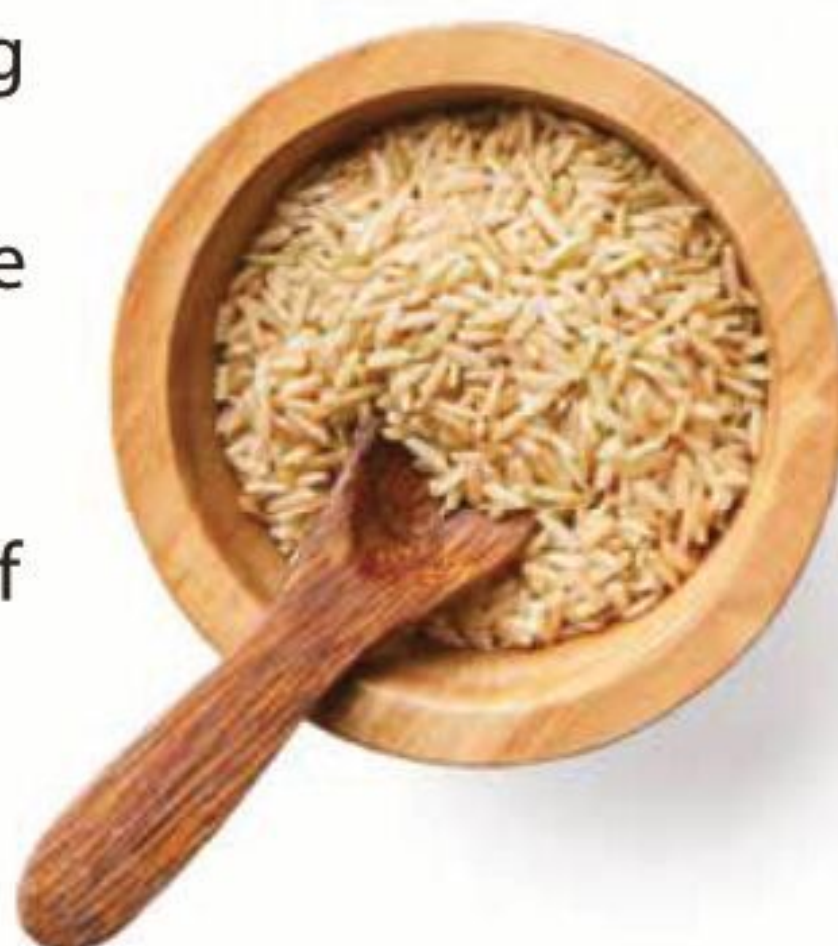
½ cup cooked = 13 g carb



Barley

Simmer 9 Tbsp dried barley + 435ml (1 ¾ cups) water for 1 hour.

½ cup cooked = 16 g carb (1 carb exchange)



Cook's Tip

When cooking en papillote, choose a hearty fish like salmon, blue-eye cod, trout or kingfish. Prawns and chicken work well, too, but prawns cook quicker and chicken takes longer. Cut chicken into bite-size pieces to ensure it cooks through.

Brown rice

Simmer ½ cup dried + 435ml (1 ½ cups) water 30 minutes.

½ cup cooked = 19g carb (1½ carb exchanges) ■



We've given six barbecue classics a healthy makeover with a dazzling array of fresh and spicy flavour combinations

LITE THE BBQ

How our food works for you
see page 75

LOWER-CARB OPTION

Swap the 2 Lebanese breads for 2 lower-carb wraps (such as Helga's Lower carb wholemeal wrap).

Middle Eastern-style lamb kebabs
Recipe, page 52

Cook's Tip

Soak bamboo skewers in cold water for 30 minutes to prevent them from burning when cooking.

**LOWER-CARB
OPTION**

Swap the ciabatta rolls for 6 lower carb rolls (such as Macro lower carb linseed & sunflower bread rolls).

Chicken tikka
burgers
*Recipe,
page 48*



Warm evenings make alfresco meals a must-do. Fire up the grill and give your family a lighter dinner thrill

GFO

CHICKEN TIKKA BURGERS

PREP 20 MINS (+ 3 HOURS MARINATING) **COOK** 15 MINS

SERVES 6 (AS A MAIN)

6 small (125g each) skinless chicken breast fillets, trimmed of fat
6 (80g each) Ciabatta (Italian-style) burger buns or gluten-free buns

MARINADE

2 Tbsp tomato purée
200g reduced-fat Greek natural yoghurt
4cm piece ginger, very finely grated
4 cloves garlic, very finely grated or crushed
2 Tbsp garam masala
½ tsp ground cinnamon
½ tsp ground cayenne pepper
Juice 1 lemon, plus wedges, to serve

CHUTNEY

2 tomatoes, chopped
1 small red onion, chopped
1 green chilli, chopped
1 tsp tamarind puree
2 Tbsp Fountain reduced-sugar tomato sauce

SALAD

½ cucumber, sliced
1 Little Gem lettuce, shredded
Small bunch mint, leaves picked
1 small red onion, halved and finely sliced

1 To make the marinade, put all the marinade ingredients in a bowl. Mix until well combined.

2 Open out each chicken breast and flatten slightly. Place the chicken in the marinade and rub the marinade all over the chicken. Cover and put in the fridge for at least 2-3 hours to marinate.

3 Meanwhile, to make the chutney, mix all the chutney ingredients together in a bowl. Set aside. (It will keep in the fridge overnight.)

4 Preheat a barbecue chargrill or grill on medium-high. Add the chicken and cook for 3-4 minutes each side or until cooked through. Transfer to a large plate.

5 To make the salad, toss the salad ingredients together in a bowl. Place the chicken in the buns with the salad and spoonfuls of the chutney. Serve with the lemon wedges.

Nutritional info

PER SERVE 1770kJ, **protein** 41g, **total fat** 5g (sat. fat 1g), **carbs** 49g, **fibre** 8g, **sodium** 532mg • **Carb exchanges** 3½ • **GI estimate** medium • **Gluten-free option**

LCO

PER SERVE 2030kJ, **protein** 54g, **total fat** 20g (sat. fat 4g), **carbs** 16g, **fibre** 11g, **sodium** 391mg • **Carb exchanges** 1 • **GI estimate** low • **Lower carb**



GF LC

MELTING-MIDDLE EGGPLANT PARCELS

PREP 15 MINS **COOK** 15 MINS
SERVES 8 (AS A LIGHT MEAL)

3 eggplants
Freshly ground black pepper
250g fresh mozzarella, drained
and sliced
2 egg tomatoes, each cut into
4 thick slices
8 basil leaves

PESTO DRESSING

Small handful basil leaves
2 Tbsp pine nuts
2 cloves garlic
2 Tbsp grated parmesan
125ml (½ cup) olive oil

1 To make the pesto dressing, place all the ingredients except the oil in a small food processor. With the motor still running, drizzle in the oil and continue to process until well combined. Pour the dressing into a bowl and set aside.

2 Preheat a barbecue grill or chargrill on high. Trim off either end of the eggplants and discard. Slice the eggplants lengthways into 16 slices. Spray both sides of the eggplant with cooking spray and add to the grill. Cook for 3-4 minutes each side or until soften. Transfer to a plate and season with pepper.

3 Working methodically, make little stacks of a mozzarella slice, tomato slice and basil leaf. Wrap each stack in a grilled eggplant slice, then wrap a second slice in the other direction to try to cover the gaps and make a little bundle. Secure each parcel with a couple of cocktail sticks. Serve.

Nutritional info

PER SERVE 1250kJ, **protein** 10g,
total fat 25g (sat. fat 7g), **carbs** 6g,
fibre 5g, **sodium** 206mg
• **Carb exchanges** ½ • **GI estimate**
low • **Gluten free** • **Lower carb**

GF

LC

BARBECUED LEG OF PORK WITH GRILLED VEGETABLES

PREP 30 MINS (+ MARINATING) COOK 2 HOURS SERVES 10 (AS A MAIN)

2 bay leaves
2 sprigs rosemary
½ bunch thyme
4 cloves garlic
3 Tbsp olive oil
4 Tbsp apple cider vinegar
Freshly ground black pepper
2kg boneless and skinless pork leg, butterflied into 1 piece
Handful flat-leaf parsley leaves, chopped

VEGETABLES

2 fennel bulbs, cut into wedges, fronds picked and kept separate
1 bunch green shallots, green parts finely sliced and kept separate, whites trimmed and left whole
2 large red capsicum, deseeded, cut into large chunks
6 large zucchinis, diagonally sliced
2 Tbsp olive oil
Juice ½ lemon

1 Using a mortar and pestle, bash and bruise the bay, rosemary and thyme with the garlic, olive oil and 1 Tbsp of the vinegar. Season with pepper. Put the pork in a shallow dish. Smear the mixture all over the pork. Cover and put in the fridge to marinate for up to 24 hours.

2 Preheat a barbecue grill and plate on medium-high. Cover with lid to allow the barbecue to heat up. Set aside the fennel fronds and sliced green shallots. Toss the remaining vegetables in 1 Tbsp of the oil. Season with pepper.

3 Add the vegetables to the barbecue grill or plate and cook for 3-4 minutes, turning when needed, or until lightly charred. Transfer to a bowl and dress with the remaining oil and lemon juice. Scatter with the fennel fronds and sliced green shallots. Set aside.

4 Place the pork on the coolest side of the barbecue, fat-side down, and brown for about 20 minutes until well charred (if you have a kettle barbecue, cover with the lid). Use tongs to flip the meat and continue to cook slowly for about 1 hour more, turning and moving the meat occasionally, until the thickest part is very firm when prodded, or when the juices show no sign of pink when pierced with a skewer.

5 When the pork is cooked, place on a dish and scatter with the parsley. Drizzle over the rest of the vinegar. Cover loosely with foil and set aside, to rest and keep warm for 15 minutes. Carve the pork into thin slices on a board and serve with the just warm vegetables and vinegary resting juices.

Nutritional info

PER SERVE 2070kJ, **protein** 48g, **total fat** 27g (sat. fat 8g), **carbs** 10g, **fibre** 7g, **sodium** 121mg
• **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**





KNIFE BASICS

Here's how to wield
a blade like a pro

CLEANING TIPS

Clean a knife by hand right after use, and dry promptly. Never put a knife in the dishwasher. It will dull the blade and may harm the handle.

THE KNIFE

A good knife can save you time and money. One high-quality knife—with proper care—can last longer than a half-dozen cheap ones. If you have just one knife in your kitchen, choose a chef's knife. This is an all-purpose knife, usually with a 20cm blade, that can perform most cutting tasks. You may also want to own a paring knife, which is a smaller knife used for detailed cuts, and a serrated knife, which is ideal for slicing bread and slippery vegetables, such as tomatoes.

When choosing a knife, look at the blade and the handle. Stainless-steel blades are a good option for most home chefs, as they will resist rust. A carbon-steel blade will have a sharper edge but will take more care. Look for a blade that runs through the end of the handle. If you have small hands, pick a knife with a smaller handle. If you have large hands, a smaller handle may feel flimsy. A good knife should have some heft without feeling like it's work to use. It's best to go into a store and try out a few knives to find one you are comfortable with.



THE GRIP

For the most control, you want to grip a knife close to where the handle meets the heel of the blade. Curl your index finger on one side of the blade and place your thumb on the other side of the blade or handle. Wrap your remaining fingers around the bottom of the handle. This ensures a secure grip.

THE TECHNIQUE

Hold the knife with your dominant hand. Hold the food with your other hand, making sure

to curl your fingertips slightly inward, to avoid slicing them. Use the knuckles of your centre fingers as a guide for the knife, to keep the blade steady (see opposite).

To make a cut, start with the knife tip on the cutting board. Push the knife down and forward to slice through the food. To reset, pull the handle up, keeping the tip on the cutting board, and pull backward. Adjust the blade position, then repeat by pushing down and forward to cut again.

KNIFE CARE

Keeping your knife in good shape is easier—and cheaper—than you might think. It all starts with the surface you cut on.

CUTTING

Use a wooden or polyurethane cutting board—avoid glass, which can dull your knife and also cause it to slip. Never cut directly on a countertop unless it's specifically made to work as a cutting board. It can damage both your knife and countertop, and cleaning is difficult. To keep the cutting board from sliding, place a damp paper towel or tea towel underneath.

STEELS

Sharpening steels are inexpensive (\$10–\$30) and can keep your knives in good shape with regular use. The process of running the blade across the steel smooths the edge of the knife, keeping it sharp in the short term.

SHARPENING

Sharpening your knife should be done every two to six months to maintain a sharp blade. You can do it at home if you own a sharpening tool, or take your knife to a professional. Look for inexpensive hand-held sharpening tools at kitchen supply stores.

STORING

The best choice for storing knives is a wooden knife block. Look for an upright model, so the knives don't rest on their sharp edges. Magnetic mounts are another option—just make sure the mount is out of reach of children and the magnet is strong enough to hold your biggest knives. When storing knives in a drawer, use protective sleeves and edge guards. Avoid storing knives loose in a drawer unless they're sheathed. Bumping against other knives or silverware can damage the blades and risk hurting someone.

Getting dicey

Dicing is kitchen-speak for “cutting into cubes.”

Try it with a capsicum

Step 1 Stand the capsicum upright on a cutting board. Slice off each side, separating it from the stem and seeds.

Step 2 Slice each side into strips that are your desired width.

Step 3 Cut across the strips multiple times to create square pieces. They don't all need to be perfect, but the more similar in size the pieces are, the more evenly they will cook.



Leftovers?

Use the scraps from trimmed vegetables to make a stock.



MATCHSTICK MAKER

Also known as julienne or French cut, “matchstick” means cutting into thin, same-size, stick-shaped pieces. The traditional matchstick size is 0.3cm thick, but you can also make them thicker.

Try it with a sweet potato

Step 1 Lay the sweet potato on a cutting board. Slice off the ends, then make one or two cuts crosswise to divide it into sections about 5cm long.

Step 2 Stand each section on one of the flat ends. Cut off the rounded sides to create flat edges.

Step 3 Make several parallel cuts into each section, between 2-3cm apart, to make rectangle-shaped cross-sections.

Step 4 Slice these cross-sections into strips about 2cm-wide (or the same width as thick) to create the matchsticks.



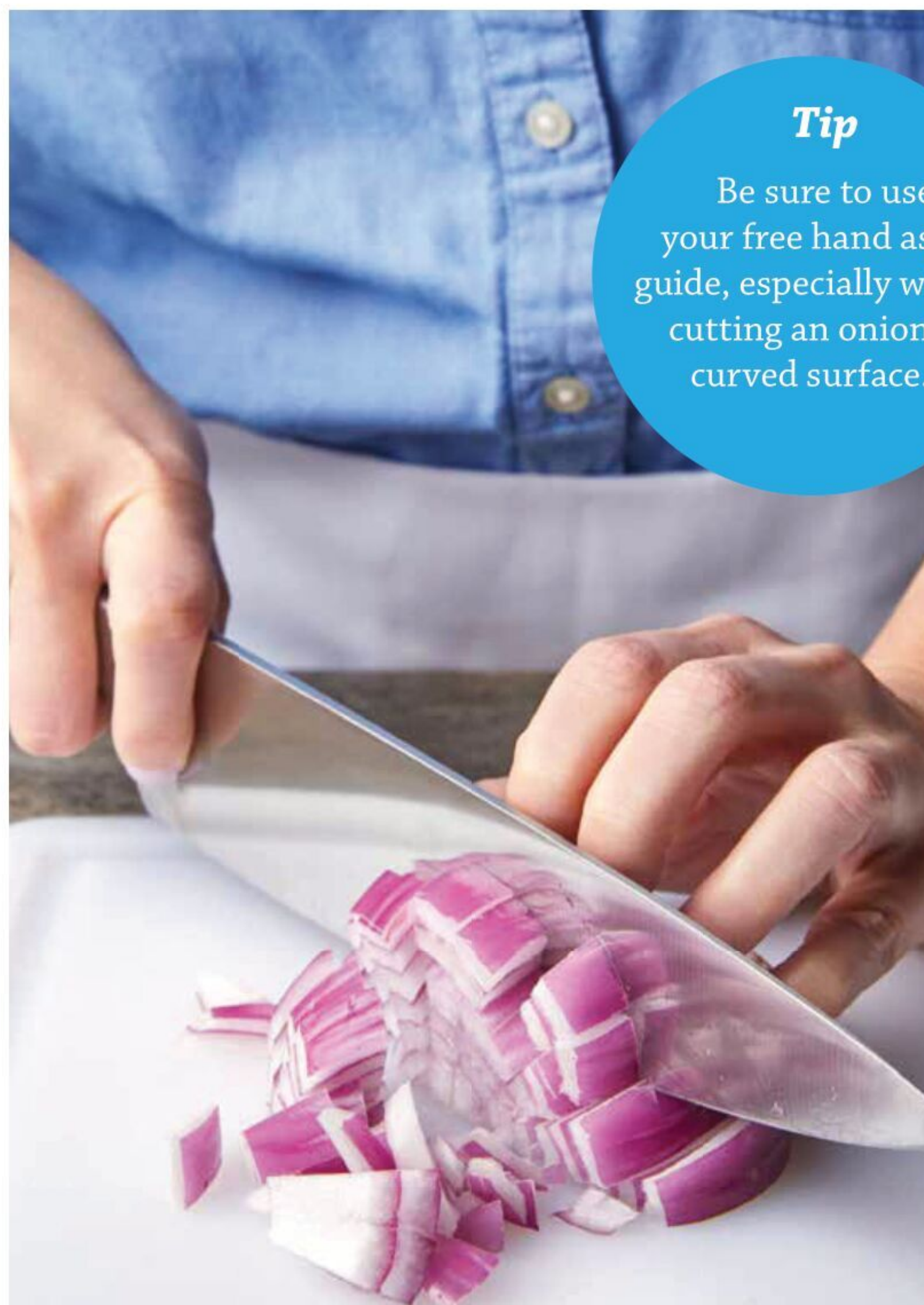
MINCING MACHINE

Mincing creates very small pieces and is often used for ingredients like garlic, ginger, and chillies.

Try it with a clove of garlic

Step 1 To remove the thin layer of skin, place the side of your blade over the clove. Press down firmly on the blade with your fist or the heel of your hand. Be careful to press down directly over the garlic clove so you don't bend the blade. The papery skin should slip off; discard it.

Step 2 Clump several garlic pieces together. Hold the knife at a 45-degree angle over the pile, with the tip of the blade touching the cutting board. Rock the blade across the garlic while moving the blade slightly from side to side. Keep doing this over your pile of garlic until the pieces are your desired size.



Tip

Be sure to use your free hand as a guide, especially when cutting an onion's curved surface.

ONION PREP

Onions are super-versatile—you can dice, slice, and mince them. But they require their own special preparation.

Quickly and safely dice an onion.

Step 1 Start by cutting off the stem end to create a flat edge. Stand the onion with the flat edge down.

Step 2 Cut the onion in half through the middle of the root. Peel the halves.

Step 3 Set one onion half on the cutting board with the flat side down. To slice, insert the tip of your knife near the root end, and slice

lengthwise toward the stem end along a ridge line. Repeat this, slicing along several ridge lines. The onion should be held together by the root end. The more times you repeat this step, the smaller the pieces you'll get in the end.

Step 4 Spin the onion 90 degrees, and then slice straight through. Small pieces should start falling off with each slice, breaking off where you made cuts in Step 3. For bigger pieces, make your cuts farther apart. For tiny ones, make more cuts closer together. Repeat with the other half. ■

Double *the* bun

A delicious twist on the traditional fruity hot cross buns, these choc-filled delights are the new Easter treat to beat

DOUBLE-CHOC HOT CROSS BUNS

PREP 30 MINS (PLUS 2½ HOURS PROVING) **COOK** 20 MINS

MAKES 18 (1 PER SERVE, AS A SNACK)

300g (2 cups) plain flour
160g (1 cup) wholemeal plain flour
2 x 7g sachets dried yeast
2 Tbsp cocoa powder, sifted
1 Tbsp dark brown sugar
2 tsp mixed spice
330ml (1½ cups) skim milk
60g (⅓ cup) dark or milk choc bits
Extra plain flour, for dusting
1 x 60g egg, lightly whisked

PASTE

4 Tbsp plain flour
1 Tbsp cocoa powder, sifted
4 Tbsp water

GLAZE

1 Tbsp caster sugar
2 tsp water

1 Put flours, yeast, cocoa powder, sugar and mixed spice in a large bowl. Stir well to combine. Put milk in a small saucepan and heat over a low heat until lukewarm. Add warm milk to flour mixture. Using a flat-bladed knife, mix until dough begins to come together to form a ball. Add choc bits.

2 Turn out dough onto a lightly floured surface. Knead dough for 8-10 minutes or until smooth and elastic. Lightly spray a large bowl with olive oil. Cover bowl with plastic wrap and a clean tea towel. Set aside in a warm, draught-free area for 1¼-1½ hours or until the dough has almost doubled in size.

3 Line a large oven tray with baking paper. Using your fist, punch down dough. Turn out dough onto a lightly floured surface and knead for 2-3 minutes or until smooth and elastic and returned to its original size.

4 Divide dough into 18 equal portions. Roll each into a ball. Arrange on prepared tray, in 3 rows, with buns just touching. Cover with a damp tea towel to prove for 30-60 minutes or until doubled in size.

5 Meanwhile, to make paste, put flour, cocoa powder and water in a medium bowl and beat until smooth, adding more water if paste is too thick. Spoon into a small plastic bag.

6 Preheat oven to 170°C (fan-forced). Brush tops of buns with a little egg. Snip a hole in the corner of the bag and pipe paste over buns to form a cross shape. Bake for 20-25 minutes or until cooked through and buns sound hollow when tapped on base.

7 To make glaze, put sugar and water in a small non-stick frying pan over a low heat. Cook, stirring, until sugar dissolves. Increase the heat to high and bring to the boil. Remove pan from heat. Brush tops of buns with glaze. Serve warm or at room temperature.

Nutrition info

per serve 599kj, **protein** 5g, **total fat** 2g (sat. Fat 01g), **carbs** 25g, **fibre** 2g, **sodium** 18mg. **Carb exchanges** 1½. **GI estimate** high. ■



easter

To store

Wrap cooled buns individually in plastic wrap, then put in a resealable plastic bag. Expel any excess air and seal. Label, date and freeze for up to 3 months. Defrost as required. You can heat the buns in the microwave or wrap them in foil and warm in the oven.

LC

RASPBERRY, ALMOND & OAT BREAKFAST BISCUITS

PREP 10 MINS **COOK** 15 MINS

MAKES 12 BISCUITS (1 PER SERVE;
AS PART OF A BREAKFAST OR SNACK)

2 ripe bananas, mashed

150g rolled oats

2 Tbsp almond meal

½ tsp ground cinnamon

100g fresh or frozen raspberries
(don't defrost if using frozen)

1 Preheat oven to 180°C (fan-forced). Line two baking trays with baking paper. Combine the banana, oats, almond meal and cinnamon in a bowl to make a sticky dough.

2 Gently stir through the raspberries, trying not to break them up. Scoop up tablespoons of the mixture and roll into balls, then place on the lined baking trays and flatten with your hand.

3 Bake for 15 minutes until the biscuits feel firm around the edges and are golden brown. Set aside to cool.

Nutrition info

PER SERVE 303kJ, **protein** 2g,

total fat 2g (sat. fat 0g),

carbs 10g, **fibre** 2g, **sodium**

1mg • **Carb exchanges** ½

• **GI estimate** low

• **Lower carb**

TO MAKE A COMPLETE BREAKFAST

Serve with a 170g tub of Chobani Greek Honey Yoghurt for a light, but filling start to the day.

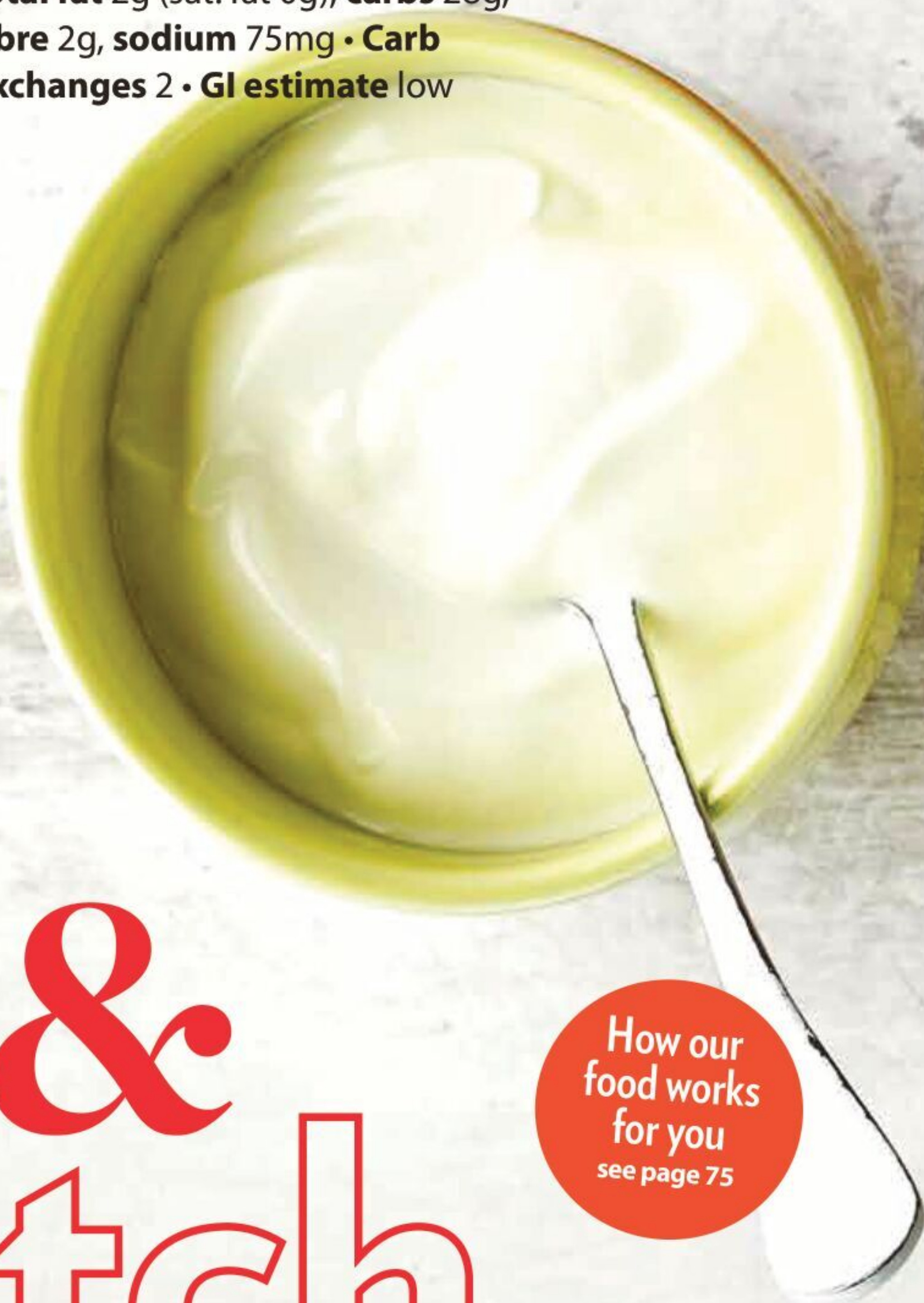
Nutrition info

PER SERVE 881kJ, **protein** 18g,

total fat 2g (sat. fat 0g), **carbs** 28g,

fibre 2g, **sodium** 75mg • **Carb**

exchanges 2 • **GI estimate** low



How our
food works
for you
see page 75

mix & match BREAKFASTS

Give yourself a breakfast boost tomorrow morning

Cook's Tip

Keep in an airtight container for up to 3 days.

CARROT CAKE PORRIDGE

PREP 5 MINS **COOK** 15 MINS

SERVES 4 (AS A BREAKFAST)

2 small carrots, grated

180g (2 cups) rolled oats

1 tsp ground cinnamon

Pinch ground nutmeg

65g (⅓ cup) raisins

850ml skim milk

1 Tbsp almond or nut spread

½ tsp honey, per serve, to serve

1 Put the carrot, oats, cinnamon, nutmeg, raisins, milk and nut spread in a saucepan. Cook, stirring,

over medium heat until comes to a simmer. Simmer, stirring often, for 10-15 minutes or until the oats and carrot is soft and the porridge is creamy.

2 Divide the porridge between serving bowls and drizzle over the honey. Serve.

Nutrition info

PER SERVE 1420kJ, **protein** 15g, **total fat** 6g (sat. fat 1g), **carbs** 53g, **fibre** 7g, **sodium** 120mg • **Carb exchanges** 3½ • **GI estimate** low





BLUEBERRY & BANANA POWER SMOOTHIE

PREP 5 MINS

SERVES 2 (AS A BREAKFAST)

2 ripe bananas, peeled

125g punnet fresh or frozen
blueberries

300g packet silken tofu, drained

2 Tbsp rolled oats

300ml cold water

1 Put the banana, blueberries, tofu, oats and water in a blender. Cover and blend until smooth.

2 Drink immediately or pour into a bottle for later.

Nutrition info

PER SERVE 942kJ, **protein** 11g,
total fat 5g (sat. fat 1g), **carbs**
30g, **fibre** 8g, **sodium** 13mg

• **Carb exchanges** 2

• **GI estimate** low



breakfast

GFO LC

EGGY CHEESE CRUMPETS

PREP 5 MINS COOK 10 MINS

SERVES 2 (AS A BREAKFAST)

1 x 60g egg
1 Tbsp skim milk
2 wholemeal or gluten-free crumpets
100g cherry tomatoes, halved
Drizzle of olive oil
20g grated reduced-fat cheddar
1 small ripe avocado, sliced

1 Preheat the grill on medium-high. Line two baking trays with foil.

2 Whisk the egg and milk together in a wide shallow dish. Submerge the crumpets in the egg mixture, turning them once, then set aside for a few minutes.

3 Arrange the tomatoes cut-side up on one of the lined trays. Place under the grill for 3-4 minutes or until they start to soften. Remove from the grill and cover the tray with foil to keep the tomatoes warm.

4 Heat the oil in a large non-stick frying pan over medium heat. Add the crumpets and cook for 2-3 minutes on each side until the egg has set.

5 Transfer the crumpets to the second lined baking tray. Top with the cheese and place under the grill for 1-2 minutes or until the cheese is bubbling and golden. Serve with the tomatoes and avocado slices.

Nutrition info

PER SERVE 1160kJ, **protein** 10g, **total fat** 17g (sat. fat 4g), **carbs** 19g, **fibre** 6g, **sodium** 553mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option** • **Lower carb** ■





How our
food works
for you
see page 75

MELTING MOMENTS

Luscious low-fat cakes and puds are yours for the baking this Easter – they're chock-a-block full of enticing delights to tickle everyone's fancy!

dessert

Cook's Tip

Keep the cake in an airtight container in the fridge for up to 3 days. To freeze, wrap portions in plastic wrap and put in a resealable plastic bag. Label, date and freeze for up to 3 months.



Coconut rhubarb and
chocolate cake
Recipe, page 68



Chocolate cupcakes with
chocolate frosting
Recipe, page 68

dessert

COCONUT, RHUBARB AND CHOCOLATE CAKE

PREP 15 MINS (+ 15 MINS COOLING)

COOK 50 MINS **SERVES** 12 (AS A SNACK OR DESSERT)

150g trimmed rhubarb, cut into 4cm pieces
2 Tbsp water
1 tsp ground cinnamon
110g (½ cup) caster sugar or granulated sugar substitute
80g (½ cup) wholemeal self-raising flour
75g (½ cup) self-raising flour
75g (½ cup) coconut flour
45g (¼ cup, lightly packed) dark brown sugar
3 Tbsp Dutch cocoa powder, sifted
1 tsp baking powder
2 x 60g eggs
160ml (⅔ cup) skim milk
70g light margarine, melted
Extra Dutch cocoa powder, to serve (optional)

1 Put the rhubarb, water, cinnamon and 2 Tbsp of the caster sugar in a medium saucepan. Cover and bring to a simmer over medium-high heat. Reduce heat to medium and cook, covered, for 5-6 minutes or until rhubarb is tender. Transfer to a bowl and set aside for 15 minutes to cool.

2 Preheat oven to 150°C (fan-forced). Spray a 20cm (base measurement) round cake tin with cooking spray. Line with baking paper. Put the remaining caster sugar, flours, brown sugar, cocoa powder and baking powder in a large bowl. Mix well to combine. Set aside. Put the eggs, milk and margarine in a medium bowl. Whisk until mixture is combined.

3 Add the milk mixture and stewed rhubarb to flour mixture. Stir until

well combined. Pour the mixture into the prepared tin and smooth the surface. Bake for 40-45 minutes or until cooked when tested with a skewer. Set aside in the tin for 15 minutes before transferring to a wire rack to cool.

4 To serve, dust the cake with extra cocoa powder, if you like.

Nutrition info

PER SERVE 683kJ, **protein** 5g, **total fat** 4g (sat. fat 2g), **carbs** 24g, **fibre** 4g, **sodium** 165mg • **Carb exchanges** 1½ • **GI estimate** medium

Nutrition info

PER SERVE (with sugar substitute) 581kJ, **protein** 4g, **total fat** 4g (sat. fat 1g), **carbs** 19g, **fibre** 3g, **sodium** 105mg • **Carb exchanges** 1½ • **GI estimate** medium

CHOCOLATE CUPCAKES WITH CHOCOLATE FROSTING

PREP 15 MINS (+ 15 MINS COOLING)

COOK 25 MINS **MAKES** 12 (1 PER SERVE AS AN OCCASIONAL SNACK)

200g (¾ cup) low-fat vanilla yoghurt
35g (⅓ cup) Dutch cocoa powder
30g dark chocolate, chopped
50g light margarine
125g (¾ cup, lightly packed) dark brown sugar
1 tsp vanilla extract
1 small (100g peeled) ripe banana, mashed until smooth
60g egg, lightly whisked
110g (¾ cup) self-raising flour
40g (¼ cup) wholemeal self-raising flour
4 tubs Pauls Low Fat Chocolate Mousse
10g chocolate shavings, to serve

1 Preheat oven to 140°C (fan-forced). Line 12 x 80ml (⅓ cup) non-stick muffin tin holes with paper cases. Spray cases with cooking spray.

2 Put the yoghurt, cocoa powder, chocolate, margarine, sugar and vanilla extract in a small saucepan over medium-low heat. Cook, stirring often, for 5 minutes or until the mixture is smooth and well combined. Transfer to a large bowl and set aside for 15 minutes to cool.

3 Add the mashed banana and egg to the chocolate mixture. Mix until well combined. Add the flours and mix until smooth. Spoon the mixture into the paper cases. Bake for 20 minutes or until cooked when tested with a skewer. Set aside in the tin for 5 minutes before transferring to a wire rack to cool completely.

4 Spoon the mousse into a small bowl and whisk until smooth. Spread over the muffin tops. Sprinkle with chocolate, if you like. Serve.

Nutrition info

PER SERVE 906kJ, **protein** 6g, **total fat** 6g (sat. fat 3g), **carbs** 34g, **fibre** 2g, **sodium** 171mg • **Carb exchanges** 2½ • **GI estimate** medium

Cook's Tip

Keep cupcakes in an airtight container in the fridge for up to 3 days. To freeze, omit Step 4 and ice only when thawed. Wrap individually in plastic wrap and put in a resealable plastic bag. Label, date and freeze for up to 3 months.



Cook's Tip

Puddings can be kept in the fridge for up to 4 days. To reheat, microwave on High/100% for 20-30 seconds. To freeze, wrap puddings individually in plastic wrap and put in a resealable plastic bag. Label, date and freeze for up to 3 months.

MINI PEAR AND CHOCOLATE PUDDINGS

PREP 15 MINS **COOK** 25 MINS
SERVES 12 (AS A DESSERT)

2 ripe pears
60g egg
125ml (½ cup) skim milk
1 tsp vanilla extract
120g (¾ cup) wholemeal self-raising flour
35g (⅓ cup) Dutch cocoa powder, sifted
60g (¼ cup) caster sugar or granulated sugar substitute
60g (¼ cup, lightly packed) dark brown sugar
40g almond meal
50g dark chocolate, chopped
125ml (½ cup) Natvia No Added Sugar Chocolate Smooth Topping

1 Preheat oven to 140°C (fan-forced). Spray 12 x 125ml (½ cup) ovenproof ramekins or 12 x 80ml (⅓ cup) non-stick muffin tin holes with cooking spray.

2 Peel and core 1 of the pears. Cut into pieces and put in a small bowl. Mash until smooth. Add the egg, milk and vanilla extract. Whisk until smooth. Set aside.

3 Put the flour, cocoa powder, sugars and almond meal in a medium bowl and stir to combine. Put the chocolate in a small microwave bowl. Cook on medium/50% for 2 minutes, stirring after 1 minute. Stir with a metal spoon until the chocolate is melted.

4 Add the flour mixture and melted chocolate to pear mixture and mix until well combined. Spoon the mixture into prepared ramekins.

5 Put the ramekins on an oven tray. Bake for 20 minutes or until mixture is just set. Use a knife to loosen puddings around edges and turn out onto small serving plates. Core the remaining pear and thinly slice crossways. Drizzle 2 tsp of the chocolate topping over each pudding and serve warm with pear.

Nutrition info

PER SERVE (with sugar) 653kJ, **protein** 4g, **total fat** 4g (sat. fat 1g), **carbs** 24g, **fibre** 3g, **sodium** 105mg
• **Carb exchanges** 1½ • **GI estimate** medium

Nutrition info

PER SERVE (with sugar substitute) 581kJ, **protein** 4g, **total fat** 4g (sat. fat 1g), **carbs** 19g, **fibre** 3g, **sodium** 105mg
• **Carb exchanges** 1½
• **GI estimate** medium

GFO

CHOCOLATE & MINT CHEESECAKE SLICE

PREP 15 MINS (+ 2 HOURS COOLING AND 4 HOURS CHILLING) **COOK** 55 MINS **SERVES** 14 (AS AN OCCASIONAL DESSERT)

BASE

100g Arnott's Choc Ripple Biscuits
or Arnott's Gluten Free Choc
Ripple Biscuits

40g light margarine, melted,
cooled

60g egg, lightly whisked

FILLING

2 Tbsp cocoa powder

260g (1 cup) low-fat vanilla
yoghurt or diet vanilla yoghurt

2 x 250g tubs light cream cheese

80g (1/3 cup) caster sugar or
granulated sugar substitute

2 x 60g eggs

1 tsp peppermint essence

30g dark choc bits

Extra cocoa powder, for dusting,
to serve (optional)

1 Preheat oven to 150°C (fan-forced). Spray an 18 x 28cm (base measurement) slice tin with cooking spray. Line the base and sides with baking paper, allowing the paper to overhang sides.

2 To make the base, process biscuits in a small food processor or blender until crumbs form. Transfer to a small bowl. Add the margarine and egg and mix until well combined. Use the back of a spoon to press

the biscuit mixture in a thin layer over the base of the prepared tin. Bake for 10 minutes. Remove from oven and set aside for 10 minutes to cool.

3 Meanwhile, to make the filling, put the cocoa powder and yoghurt in a small saucepan over medium heat. Cook, whisking well, for 3-4 minutes or until the mixture is well combined. Set aside for 10 minutes to cool.

4 Using electric beaters, beat the cream cheese and sugar in a medium bowl until smooth. Add the yoghurt mixture and beat until smooth. Add the eggs, one at a time, beating well between each addition. Add the peppermint essence and stir to combine.

5 Pour the filling over base and smooth the surface. Sprinkle over the choc bits. Bake for 35-40 minutes or until filling is set. Turn off the oven and use a wooden spoon to hold the door ajar. Set aside in oven for 2 hours to cool completely. Transfer cheesecake to fridge and place in the fridge for 4 hours.

6 Cut into pieces and serve.

Nutrition info

PER SERVE 861kJ, **protein** 6g, **total fat** 13g (sat. fat 8g), **carbs** 15g, **fibre** 0g, **sodium** 184mg • **Carb exchanges** 1 • **GI estimate** medium • **Gluten-free option**



Cook's Tip

Keep in an airtight container in the fridge for up to 1 week.

CHOCOLATE AND RASPBERRY BREAD PUDDING

PREP 15 MINS (+ 30 MINS STANDING)
COOK 45 MINS **SERVES** 8 (AS AN OCCASIONAL DESSERT)

2 Tbsp Dutch cocoa powder
 375ml (1½ cups) skim milk
 2 Tbsp caster sugar or Lakanto Monkfruit Classic Sweetener
 5 x 1cm-thick slices sourdough bread
 2 Tbsp no-added-sugar raspberry spread
 125g frozen raspberries
 3 x 60g eggs
 1 tsp vanilla extract
 8 small scoops sugar-free vanilla ice-cream, to serve (optional)

1 Put the cocoa powder, milk and sugar in a small saucepan over a medium heat. Cook, whisking occasionally, for 4-5 minutes or until the milk is warm and cocoa is well combined. Transfer to a large bowl and set aside for 15 minutes to cool.

2 Meanwhile, spray a 2L (8 cup) square or rectangular ovenproof dish with cooking spray. Spread 1 side of each slice of bread with raspberry spread. Cut each slice into 2cm cubes. Lay half the bread

cubes over the base of the prepared dish, overlapping slightly. Sprinkle over half the raspberries. Top with remaining bread cubes, followed by remaining raspberries.

3 Add the eggs and vanilla extract to the cooled chocolate milk mixture. Whisk to combine. Pour the egg mixture over bread, pressing bread down slightly into mixture. Set aside for 30 minutes to allow the bread to absorb some of the liquid.

4 Meanwhile, preheat oven to 170°C (fan-forced). Line an oven tray with baking paper. Put the ovenproof dish on prepared tray. Bake for 30-40 minutes or until the egg mixture is set. Set aside for 5 minutes. Serve with a scoop of ice-cream, if you like.

Nutrition info

PER SERVE (with sugar) 740kJ, **protein** 9g, **total fat** 3g (sat. fat 1g), **carbs** 24g, **fibre** 4g, **sodium** 178mg • **Carb exchanges** 1½ • **GI estimate** low

Nutrition info

PER SERVE (with sugar substitute) 680kJ, **protein** 9g, **total fat** 3g (sat. fat 1g), **carbs** 20g, **fibre** 4g, **sodium** 179mg • **Carb exchanges** 1½ • **GI estimate** low. ■



Cook, eat, enjoy

Discover our supermarket favourites, learn kitchen hints, try some quick and easy recipes, all from food editor *Alison Roberts*

AVOCADO RIPENING TIPS

- Store avocado at room temperature in your fruit bowl until it reaches your preferred ripeness for eating.
- To speed up the ripening process of an avocado, place unripe avocados in a brown paper bag with an apple or banana for a few days until ripe. It's the plant hormone ethylene, which occurs naturally in these fruits that triggers the ripening process.
- Refrigerating a whole ripe avocado will maintain optimum ripeness for 2-3 days or until you are ready to use it.
- Sprinkle cut avocado with lemon juice or vinegar to stop it browning, seal with plastic wrap, removing any air before storing in the fridge.

For more information on avocados go to australianavocados.com.au



WE LOVE

Looking for a sweet snack that won't cause your blood glucose levels to sky rocket? Then look no further! The **Noshu** Low Carb Indulgence Peanut & Caramel Nougat Bar and Noshu ready-to-eat Iced Cake range, contain no artificial colours or flavours, and are deliciously low in sugar and high in fibre to keep you feeling full. RRP \$8.5 for Low Carb Indulgence Bars, Ice cakes \$6. Available from Coles and Woolworths.





TRY THIS

FINE FETTLE FRUITLY GLUTEN-FREE MUESLI

100% natural granola soaked in fruit and slowly dried. Packed with nutritious seeds, psyllium husk and activated buckwheat. Good source of fibre and protein. No added oil, refined sugars or other nasty additives. 3 delicious flavours to choose from; apple & sultana, orange & coconut and pear & cranberry. RRP \$12.95. Available from selected independent supermarkets, health food store and supermarkets.

SUPERMARKET CRUSH

LOYDS COLD TEA RANGE

Refresh and hydrate with Loyds Cold Tea Range. Simply add a pyramid to your iced water or your bottle of water to elevate your water to the next level. Available in apple & pineapple, raspberry & lime & mint flavours. RRP \$5.7. Available in IGA and Foodworks stores.



SECOND DESSERT

Roughly mash $\frac{1}{3}$ cup defrosted frozen **raspberries** with $\frac{1}{2}$ chopped **pear**. Stir through $\frac{1}{3}$ cup reduced-fat **Greek natural yoghurt**. Sprinkle with a pinch of ground **cinnamon**. Serves 1.

GF

PER SERVE 675kJ, **protein** 7g, **total fat** 2g (sat. fat 1g), **carbs** 22g, **fibre** 7g, **sodium** 95mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free**

food bites

QUICK GF SNACKS

CREAM CHEESE & BLUEBERRY BAGEL

Put $\frac{1}{4}$ cup **blueberries** in a bowl and use a fork to mash up the blueberries. Stir in 1 Tbsp **light cream cheese** and a little grated **orange** zest. Spread half a **gluten-free bagel** with the blueberry mixture. Top with $\frac{1}{2}$ tsp drizzle **honey**. Serves 1.

GF

PER SERVE 686kJ, **protein** 3g, **total fat** 7g (sat. fat 4g), **carbs** 21g, **fibre** 3g, **sodium** 176mg • **Carb exchanges** 1½ • **GI estimate** high • **Gluten free**

CRUSHED PEA & MINT DIP WITH CARROT STICKS

Put 70g ($\frac{1}{2}$ cup) defrosted frozen **peas**, 1 Tbsp **ricotta**, juice of half a **lemon**, 1 Tbsp chopped **mint** and freshly ground **black pepper** in the bowl of a small food processor. Cover and process until almost smooth. Serve with 1 **carrot**, cut into sticks for dipping. Serves 1.

GF

PER SERVE 596kJ, **protein** 7g, **total fat** 3g (sat. fat 2g), **carbs** 16g, **fibre** 10g, **sodium** 102mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**

COCONUT-ROASTED EDAMAME

Put 70g podded (170g in their pods) **edamame**, $\frac{1}{2}$ tsp **olive oil** and 2 tsp **desiccated coconut** in a bowl. Toss to combine. Spread out over a baking tray lined with baking paper. Cook in an oven preheated to 180°C (fan-forced) for 10 minutes or until coconut is golden. Serves 1.

GF LC

PER SERVE 412kJ, **protein** 5g, **total fat** 6g (sat. fat 2g), **carbs** 5g, **fibre** 4g, **sodium** 1mg • **Carb exchanges** $\frac{1}{2}$ • **GI estimate** low • **Gluten free** • **Lower carb**

Plan your week,

Wondering what to eat this week? Try these delicious meal ideas



H ₂ O	Start each day with a glass of water. You should have 6-10 glasses a day,			
Breakfast	2 slices soy & linseed bread topped with 4 Tbsp ricotta, 1 small sliced banana & a drizzle of honey	Carrot cake porridge (p 62)	¾ cup Guardian topped with ½ cup skim milk, 2 tsp chia seeds & 1 small sliced banana	2 slices soy & linseed bread topped with sliced tomato & 40g reduced-fat grilled cheese
Optional snack	Double-choc hot cross buns (p 58)	Raspberry, almond & oat breakfast cookies (p 60)	1 piece fresh fruit	175g tub Chobani yoghurt
Lunch	Quiche Lorraine (p 36)	Super-salad wraps (p 26)	Egg & chicken wraps (p 38)	Lower-carb option Lunchbox pasta salad (p 32)
Optional snack	150g Siggis yoghurt pouch	1 piece fresh fruit	Crushed pea & mint dip with carrot sticks (p 75)	Raspberry, almond & oat breakfast cookies (p 60)
Dinner	Salmon en papillote (p 45) <i>Pictured above</i>	Sausage & veggie tray bake (p 18) <i>Pictured above</i>	Lamb & quinoa burgers with beetroot tzatziki (p 18) <i>Pictured above</i>	Coronation chicken pilaf (p 19) <i>Pictured above</i>
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	1 cup fruit salad with ½ cup low fat custard	Mini pear & chocolate puddings (p 69)	60 second dessert (p 75)	1½ cups fruit salad
Exercise	Aim for 20-60 minutes of moderate exercise each day.			

it's easy!

THURSDAY	FRIDAY	SATURDAY
		
depending on your exercise levels.		
Blueberry & banana power smoothie (p 63)	1 cup fruit salad topped with ½ cup reduced-fat Greek yoghurt & 1 Tbsp chia seeds	Eggy cheese crumpets (p 64)
2 corn thins each topped with 20g reduced-fat cheese	Cream cheese, blueberry & walnut bagel (p 75)	1 piece fresh fruit
Omelette in a bun (p 32)	BLT (p 41)	Chargrilled vegie & goat's cheese pizza (p 36)
1 piece fresh fruit	30g unsalted nuts	1 apple sliced with 2tsp light peanut butter
Prawn & grain poke bowls (p 20) Pictured above	Red capsicum & bean tikka masala (p 21) Pictured above	Citrus-spiked fish (p 52) Pictured above
have a couple of alcohol-free days a week.		
120ml Twisted frozen yoghurt mini	60 second dessert (p 75)	Coconut, rhubarb & chocolate cake (p 69)
Always discuss your exercise plans with your doctor first.		

KOMBUCHA CRAZE

Over recent years Kombucha have grown in popularity, but some are not as good as others, so it is important to check the label to choose the best product for you and managing your blood glucose levels.

What is Kombucha?

Kombucha is a fermented tea drink, which is typically made from a symbiotic culture of acetic acid bacteria and yeast (SCOBY), sugar and tea (green and/or black). The SCOBY ferments (breaks down) the sugar into potentially beneficial organic compounds.

What are the health benefits?

Fermented foods and drinks that are made from bacteria contain probiotics (healthy gut bacteria). Probiotics can help improve gut health, which can aid digestion and support a healthy immune system. Unfortunately, the science behind Kombucha probiotics is limited and mixed, so we would not recommend that you rely on Kombucha alone for your probiotic boost.

However, if you do like the taste and you choose to drink Kombucha, then look for one that is:

- Low in sugar – aim for less than 5g/100ml.
- Made from an actual SCOBY.
- Stored in the refrigerator – this helps keep the probiotics alive. ■



Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

► Our Nutrition Info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

Serves 2 (as a main)

We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be

eaten as a treat, such as once a fortnight.

Brand names

We often use product names to make it easier to find nutritionally suitable brands when shopping.

DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

To maintain your weight*

Kilojoules 8700kJ

Protein 80g

Total fat 70g

Saturated fat 24g

Carbs 270g

Fibre 30g

Sodium Less than 2000mg

To lose weight*

Kilojoules 6000kJ

Protein 65g

Total fat 45g

Saturated fat 15g

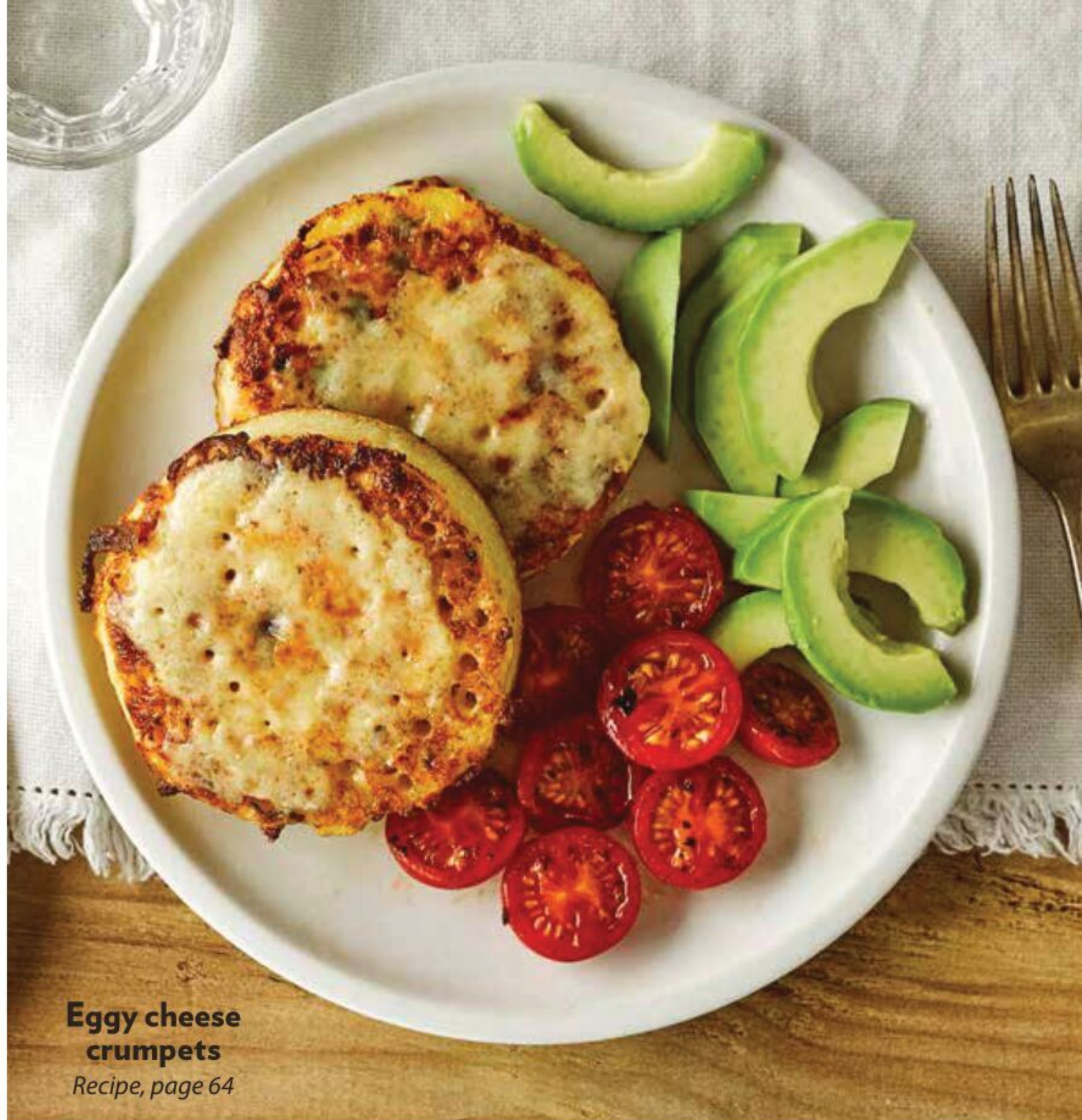
Carbs 180g

Fibre 30g

Sodium Less than 2000mg

* These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.

CUT OUT & KEEP



Eggy cheese crumpets
Recipe, page 64

GFO LC

Nutrition info

PER SERVE 1160kJ, **protein** 10g, **total fat** 17g (sat. fat 4g), **carbs** 19g, **fibre** 6g, **sodium** 553mg

• **Carb exchanges** 1½ • **GI estimate** medium

• **Gluten-free option** • **Lower carb**

Sugar or sugar substitute

In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Granulated sugar substitute

Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

Optional ingredients

Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Choice of ingredients

When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges

Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal. ■

living well

MOTIVATION ♦ EXPERT ADVICE ♦ INSPIRATION

*Healthy is an
outfit that looks
different on
everybody.*

HYPOGLYCAEMIA

WHAT YOU NEED TO KNOW

DL mag dietitian and diabetes educator, **Dr Kate Marsh**, explains everything you need to know about hypos, including who is at risk, the common symptoms, the best hypo treatments, steps for reducing your risk of a hypo and what to do when the fear of hypos is getting in the way of managing your diabetes well and enjoying life.





Hypos:

(Where blood glucose levels drop too low) are an inevitable part of life for many people living with diabetes, particularly those taking insulin. For some, they are a minor inconvenience, easily fixed with a few jelly beans. For others, they are a major disruption to life, causing social embarrassment, affecting relationships, and preventing people from working, driving or taking part in activities they enjoy.

WHAT IS A HYPO?

Hypoglycaemia, or a hypo for short, occurs when your blood glucose level drops below 3.9mmol/L. Both insulin and some diabetes tablets (called sulphonylureas) can cause hypos.

The symptoms of a hypo vary from one person to the next but include:

- Feeling weak, shaky, dizzy and/or lightheaded
- excessive sweating
- finding it hard to concentrate
- behaviour changes such as being irritable, angry or emotional
- feeling hungry
- having a headache

What causes a hypo?

In someone without diabetes, the body produces just the right amount of insulin to keep the blood glucose levels in range. If the person eats more, the body produces extra insulin. If they eat less or are more active, they produce less insulin. If you have diabetes and are taking insulin (or sulphonylurea tablets which stimulate your pancreas to release more insulin) you are trying to replicate this process as closely as possible – not an easy feat! If, on occasions, the amount of insulin or medication you take is more than you need for the amount of food you are eating and activity you are doing, the blood glucose level can drop too low. People with type 2 diabetes who are not taking insulin or sulphonylurea tablets are usually not at risk of having a hypo.

Common causes of hypos include:

- missing or delaying a meal
- eating a meal with less carbohydrate than usual
- being more active than usual
- taking too much insulin
- drinking alcohol

HOW DO I TREAT A HYPO?

If you experience a hypo, it is important to treat this immediately by eating or drinking some quickly absorbed carbohydrate. If you don't take action at this stage, your blood glucose level can continue to drop and result in confusion, loss of coordination and, eventually, loss of consciousness. You can avoid this by being aware of your symptoms and always having some food on hand. The recommended treatment for adults is 15g of rapid-acting carbohydrate, but young children will need less.

Good choices for treating a hypo include:

- glucose tablets or gels
- jelly beans or other easy to chew confectionery (hard lollies can take too long to eat)
- ordinary (sugar-sweetened) soft drink or cordial
- fruit juice
- honey, glucose syrup, or rice malt syrup

If blood glucose levels remain low (below 3.9 mmol/L) after 15 minutes, treatment should be repeated.

While any form of carbohydrate will increase blood glucose levels, foods that are also high in fat, such as chocolate or ice-cream, will be absorbed more slowly, so are not the best forms of hypo treatment. If you are taking a medication called acarbose (Glucobay) it is important that you only use glucose to treat your hypos, as other forms of carbs will be absorbed too slowly. While the medication doesn't cause hypos on its own, you may have hypos if you take it along with insulin or a sulphonylurea.

Once you have treated a hypo, if it's a while until your next meal, you may need to follow this with a snack providing another serve of slower acting carbs, to prevent your blood glucose level dropping again. This could be a piece of fruit, a slice of grainy bread or some yoghurt. However, you may not need this extra snack if you are using an insulin pump. Your doctor or diabetes educator can advise you on this.





Severe hypoglycaemia

If a hypo isn't treated urgently, your blood glucose levels will continue to fall, and could result in loss of consciousness or seizures. If you lose consciousness, you will need an injection of glucagon, a hormone that raises your blood glucose level by causing your liver to release its stored glucose into your bloodstream. Similar to an EpiPen for people with allergies, glucagon can be given by a friend or family member who has been trained to give it. If you are at risk of hypos, it is recommended that you keep a Glucagen Hypokit at home and that a family member, friend or housemate are shown how and when to give it. You will need a script for glucagon from your GP or endocrinologist and it is important to make a note of the expiry date and to replace it when needed.

If you don't have glucagon and/or someone who can give it, those around you should call an ambulance and paramedics will administer glucagon. It is a good idea to carry glucagon with you if you will be somewhere without easy access to emergency services, such as on a boat or bushwalking or camping in isolated areas. However, someone who is with you will need to be trained on how to give it. ►

**“
If a hypo isn't
treated urgently,
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and could result
in seizures**

Fear of hypos

In some cases, particularly for those who have lost their awareness of hypo symptoms, hypos can be particularly dangerous, increasing the risk of serious injury or even death. It's not surprising, then, that many people with diabetes fear hypos and take steps to avoid them.

Fear of hypos is the most commonly reported anxiety by people with type 1 diabetes but also occurs in those with type 2. It often leads to avoidance behaviours which not only impact negatively on overall diabetes management but which also limit social and physical activity. Many people who fear hypos will keep their blood glucose levels higher to avoid a hypo, which

can increase the risk of long-term complications of diabetes, while others measure their blood glucose levels very frequently to ensure they are not going low. Some will avoid going out or taking part in certain activities, or avoid exercise due to a fear of hypos in these situations. Others worry about being alone. Studies have also found significant fear of hypos occurs in parents of children with type 1 diabetes and partners of adults with type 1, particularly when the child or partner has a history of severe hypos.

Not surprisingly, fear of hypos is more common in those who have impaired hypo awareness (meaning that they are not good at picking up the early symptoms) and those with a history of severe hypos (where they have become confused or unconscious and required help). Individuals who are more anxious in general are also more likely to experience hypo fear. Studies measuring fear of hypos have found that higher scores are associated with increased levels of psychological distress and lower self-reported quality of life.

If you are struggling with a fear of hypos, then speak to your doctor or diabetes team about getting some help. As well as assisting you with your diabetes management to reduce the risk of hypos, they can refer you to a psychologist who can help with strategies for managing your fear and anxiety. The good news is that there are things you can do to reduce the risk of hypos and lessen their impact, and studies have found that treatment to reduce the risk of severe hypos can also reduce the fear of hypos.

Reducing your risk of hypos

While hypos are not completely avoidable, especially for those taking insulin, there are many things you can do to reduce your risk.

■ Understand the risks

Knowing the factors that increase the risk of a hypo gives you the opportunity to reduce this risk. Knowing how your insulin acts and the impact of different foods and activities on your blood glucose levels enables you to better balance these to avoid unnecessary highs and lows. Doing some regular monitoring and record keeping and working with your diabetes team to better understand your patterns is a good starting point.

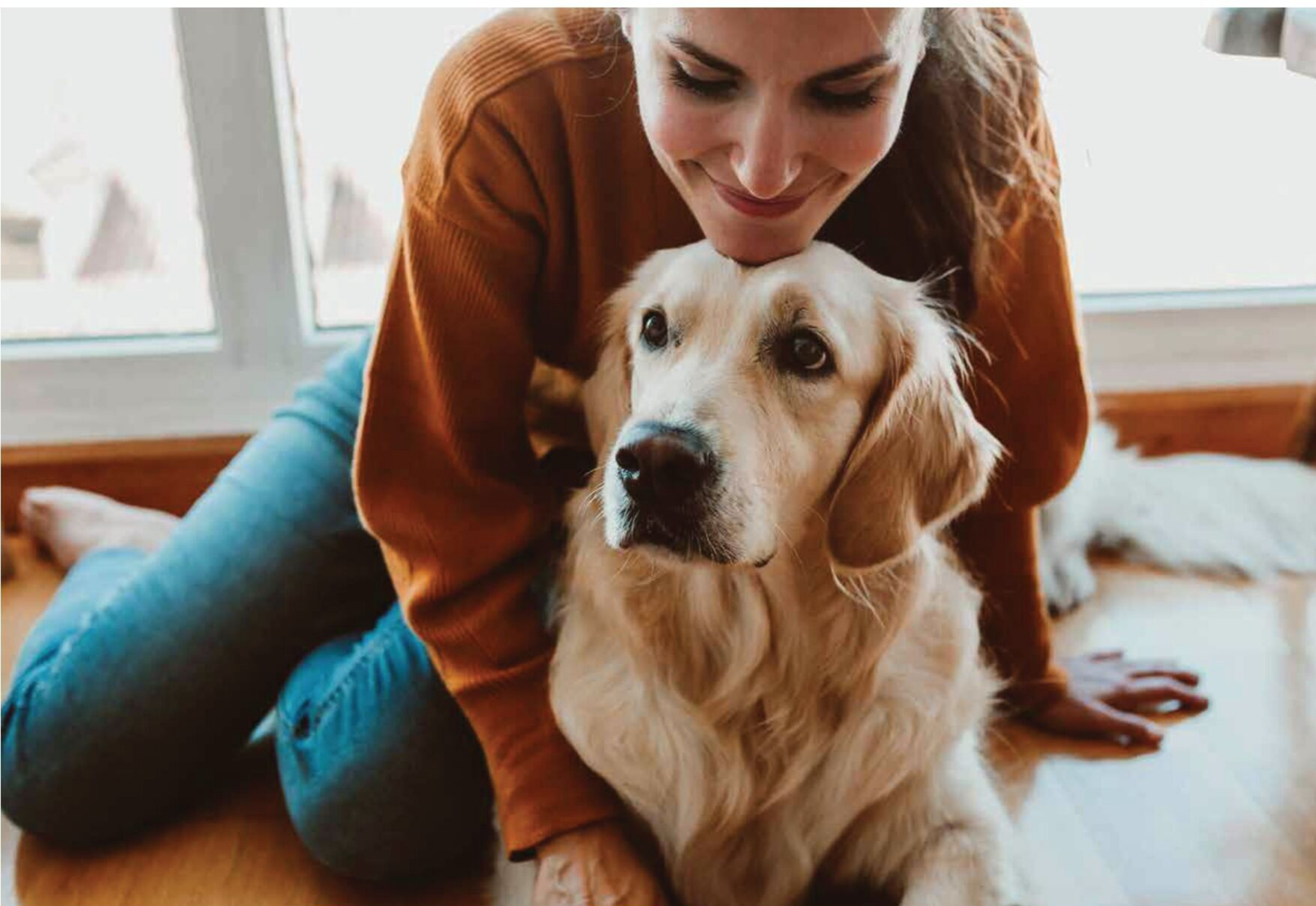
■ Learn more about managing diabetes

A number of structured education programs exist for individuals with type 1 diabetes. These teach you how to improve blood glucose levels by learning to balance your insulin, food, activity and other factors. The most well-known is DAFNE (Dose Adjustment for Healthy Eating) and Australian studies have shown the program not only improves overall blood glucose control but also reduces the risk of severe hypos and reduces diabetes-related distress, depression and anxiety. To find out more, visit www.dafne.org.au.

The NDSS also runs a variety of free educational programs for people living with diabetes, including a Living with Insulin workshop. Find out more at events.ndss.com.au.

Dealing with hypos when you are alone

While most people with diabetes will have mild to moderate hypos and treat themselves, it's always reassuring to have someone else around for support when you are low. But what if this isn't the case? If you're alone and feel you could be at risk of losing consciousness, then call a friend, family member or neighbour who can get to you quickly, or stay on the phone with you until you're feeling OK. If this isn't possible, then call an ambulance. Even if it ends up being a false alarm, this is better than the alternative of losing consciousness while alone.



Train a furry friend. It has been found that specially trained dogs can detect the early symptoms of hypoglycaemia

Consider CGM

A continuous glucose monitor (CGM) is a device that measures glucose levels continuously throughout the day and night, allowing you to view your glucose levels and see trends (i.e. which direction your glucose is going and how fast it is changing) at any time. They also allow you to set alarms to alert you if your glucose level drops below a certain level, allowing you to intervene before your glucose level becomes too low. This has obvious benefits when it comes to avoiding hypos and is particularly useful if you have trouble detecting hypo symptoms. You can find out more about CGM by visiting www.ndss.com.au/living-with-diabetes/managing-diabetes/continuous-glucose-monitoring.

■ **Switch to a pump**

There are now several insulin pumps available that work together with CGM and have either a low glucose suspend feature (which stops the pump delivering insulin if your glucose level drops below a certain level) or closed-loop technology (where the pump delivers insulin in response to the CGM reading – less insulin if your glucose level is dropping and more if it is rising). While this technology doesn't completely eliminate hypos, when used correctly, it can significantly reduce the risk.

■ **Train a furry friend**

It has been found that specially trained dogs can detect the early symptoms of hypoglycaemia in their owner with diabetes and can alert them to the fact that they are having a hypo. This can be a lifesaver for someone with hypo unawareness and can give them back some independence. Paws for Diabetics is an Australian organisation that train dogs for this purpose. Find out more at www.pfd.org.au. ■



SEARCH BETTER

It's never been easier to find health information online. Here's how to tell if that info is trustworthy and accurate

FACT: Finding diabetes information online is incredibly easy. Also a fact: There's a lot of misinformation out there. And that's scary since, in a 2018 survey of 1700 Americans, 49 per cent of respondents believed that all health-related info on the internet was as reliable as information from a medical professional. (Hint: It's not.) So before randomly Googling a symptom, a treatment, or anything in between, follow these expert tips.

DO A TONE CHECK

"If there's any language that's negative, judgmental, or blame-based, that's a red flag to seek info elsewhere," says nurse and credentialled diabetes educator Dr Jane K Dickinson, the program director for the online Diabetes Education and Management master's degree program at Teachers College, Columbia University in New York. For instance, using terms such as diabetic, compliance, adherence, or control (think: diabetes control or glycaemic control) can sometimes imply that a person is nothing more than their disease and that diabetes is about following rules, rather than making decisions. Control is a judgemental and unhelpful term in diabetes, she adds.

CONFIRM DATES

Look for a 'published on' or review date embedded in any article you're reading. After all, a piece of advice that may have been spot-on five years ago could be dangerously outdated today. Stick to info that was published within the past year or reviewed and updated within the last two.

LOOK FOR SOURCES

"Historically, government, academic, and nonprofit-sponsored sites have been more reputable than some commercial sites," says Dickinson, noting that sites with web addresses that end in gov, edu, and org typically don't exist to make money, like sites that end in com often do. Dot-coms can still be trustworthy, but you'll have to do some evaluating. Look for websites that clearly show their sources by including references and links to studies. Also look for the words "medically reviewed by" to ensure articles have been reviewed by an expert.

DON'T TREAT FORUMS AS THE LAST WORD

"Support groups and forums are wonderful sources of information and support, but you still need to run all advice by a health professional," says Dickinson. For example, before doubling your meat intake and swearing off beans thanks to a post you read, bring it up with your healthcare provider. You could say, "I read that the paleo diet can be good for diabetes. Do you think I should try it?" Also, stay away from groups that seem overly focused on complaining. "That doesn't help in the big picture," says Dickinson. "Rather, find groups that focus on solutions and positive attitudes." When it comes to making health decisions, motivation and encouragement can be just as important as facts and stats.

TURN TO WHAT THE EXPERTS USE

Our favourite sites are all well-known, national organisations that provide vetted information about diabetes. Here are five we recommends.

■ Diabetes Australia (DA)

DA is a go-to for solid patient-friendly diabetes info, plus lifestyle how-tos, online support, tools for finding local diabetes education programs, and more. Visit diabetesaustralia.com.au.

■ Australian Diabetes Educator Association (ADEA)

This is a professional organisation for Credentialled Diabetes Educators who can work with people living with, at risk of, or affected by diabetes to provide them with evidence-based education to ensure their optimal health and wellbeing. You can find a CDE near you via a search function on their website. Visit adea.com.au.

■ **JDRF** Formerly the Juvenile Diabetes Research Foundation, JDRF is a nonprofit working to fund type 1 diabetes research. Their website provides updates on news, research, and support related to type 1 diabetes. Visit jdrf.org.au

■ **State-based diabetes organisations** Check out your state's diabetes organisation for community, local resources and support. Visit diabetesnsw.com.au; diabeteswa.com.au; diabetesqld.com.au; diabetesvic.org.au; healthylivingnt.org.au; diabetessa.com.au; diabetestas.org.au.

■ **National Diabetes Services Scheme (NDSS)** The NDSS is a government initiative administered by DA. It aims to help people with diabetes understand and self-manage their life with diabetes as well as access services, support and subsidised diabetes products. Visit ndss.com.au. ■

ARE YOU AT RISK?

A woman is at higher risk of developing gestational diabetes if they:

- Have had gestational diabetes in a previous pregnancy
- Have had a large baby (over 4.5kgs) in a previous pregnancy
- Have a family history of type 2 diabetes
- Are aged over 40 years
- Carried excess weight before pregnancy
- Gained excess weight in the first half of pregnancy
- Have a history of PCOS
- Have a history of pre-diabetes
- Are of Aboriginal and Torres Strait Islander background
- Are of Melanesian, Polynesian, Indian, Middle Eastern or Asian background
- Are taking some types of antipsychotic or steroid medications



GESTATIONAL DIABETES

The number of Australian women who develop gestational diabetes (diabetes in pregnancy) has been rapidly increasing over the past two decades, with more than 1 in 7 women now affected. This is due to both a change in the way it is diagnosed and increasing risk factors among women of reproductive age. A diagnosis of gestational diabetes has important implications for both mother and baby.

DL mag dietitian and diabetes educator, **Dr Kate Marsh**, explains what GDM is, how it is diagnosed and managed and what women who have had GDM can do to reduce their future diabetes risk.

What is GDM?

Gestational Diabetes Mellitus (GDM) is diabetes which first presents during pregnancy and usually resolves after pregnancy, although women with GDM are at increased risk of developing type 2 diabetes in later life. GDM affects approximately 15 per cent of pregnancies, although certain ethnic groups have much higher incidence rates.

A woman who is diagnosed with GDM needs to keep her blood glucose levels carefully managed with a healthy eating plan, regular exercise and, if needed, the use of medication including insulin. This is

because any excess glucose in her bloodstream during pregnancy will cross the placenta to her child and cause them to gain excess body fat. A large baby can cause complications for both mother and baby at delivery. A baby who is exposed to excess glucose while in utero is also at greater risk of obesity and diabetes in later life.

Women with GDM are also at higher risk of developing high blood pressure and pre-eclampsia during pregnancy, and are more likely to need an early delivery, to be induced and to deliver their baby by caesarean section. ➤

How is GDM diagnosed?

In Australia, it is recommended that all women are screened for GDM at 24-28 weeks gestation, or earlier if they are at high risk (see box: Are you at risk?).

Screening involves doing a 2-hour oral glucose tolerance test (OGTT). This test is performed at a pathology collection centre and involves a blood sample being taken before and two hours after drinking a sweet drink containing 75g of glucose.

GDM is diagnosed if you meet one or more of the following:

- fasting glucose: ≥ 5.1 mmol/L
- 1-hour glucose: ≥ 10.0 mmol/L
- 2-hour glucose: ≥ 8.5 mmol/L

Reducing the risk of GDM

While you can't change your family history or ethnic background, eating a healthy diet, exercising regularly, starting pregnancy in the healthy weight range and avoiding excess weight gain during pregnancy can all reduce the chances of developing gestational diabetes.

How is GDM managed?

Women with GDM can manage their diabetes with a combination of:

- a healthy eating plan
- regular exercise
- regular blood glucose monitoring
- if needed, taking certain diabetes medications or insulin

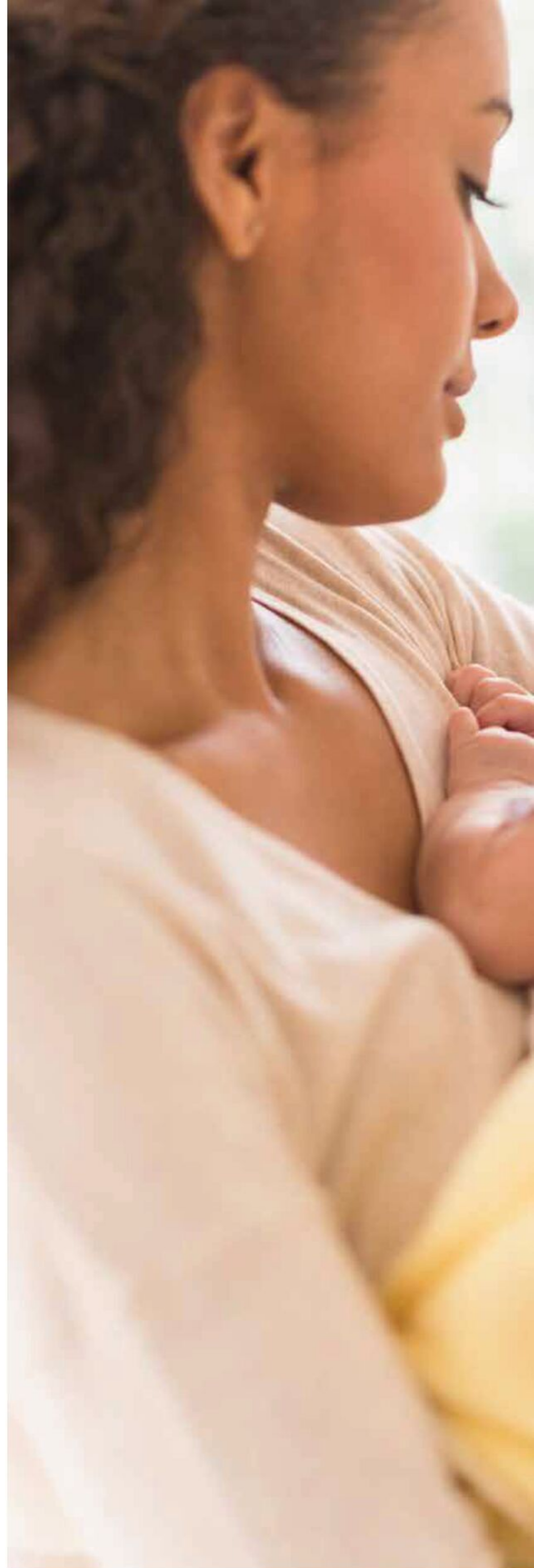
If you are diagnosed with GDM, you will probably be referred to a credentialled diabetes educator and accredited practising dietitian, who will provide education about gestational diabetes and its management, including healthy eating guidelines and how and

when to monitor your blood glucose levels. Many hospitals and diabetes education centres provide group education sessions for women with GDM. If you need to start medication or insulin, you may be referred to an endocrinologist (diabetes specialist).

What to eat when you have GDM

If you are diagnosed with GDM, the right eating plan will help with managing blood glucose levels and weight gain while also ensuring you are getting all the nutrients that you and your growing baby need. Following are some general guidelines, but it is important to see a dietitian for individualised advice.

- Eat regular meals and snacks spread across the day rather than large amounts at one time.
- Balance your plate at meals with lots of non-starchy vegetables or salads, and a moderate portion of lean protein and lower GI carbohydrate foods.
- Spread your carbohydrate intake evenly over the day. While it will vary from one woman to another, a general recommendation is for around 30-45g carbs per meal and 15-30g for snacks.
- Choose nutrient-dense, high-fibre, lower GI carbs such as traditional rolled oats (rather than puffed and flaked cereals), dense wholegrain breads (rather than smooth white or wholemeal breads), legumes, minimally processed wholegrains such as barley, quinoa, freekeh and cracked wheat, basmati or doongara rice over other varieties, most types of pasta and noodles (not gluten-free varieties), starchy vegetables (such as orange sweet potato, sweetcorn and lower GI



Support for women with GDM

The NDSS offers a range of free resources for women with GDM including:



gestational diabetes

varieties of white potato) and many fruits (particularly apples, pears, citrus fruit, stone fruit and berries).

■ **Limit saturated fat.** Saturated fats (found in animal foods, palm and coconut oils) can worsen insulin resistance and diabetes risk so should be minimised. Instead, choose healthy fats such as those found in olive oil, nuts, seeds and avocado.

■ **Get some plant protein.** Higher intakes of red meat are associated with an increased risk of GDM and type 2 diabetes, while a plant-based diet appears to reduce diabetes risk. So try replacing some red meat with plant protein (such as lentils, chickpeas, dried/canned beans or tofu) or fish or poultry.

■ **Avoid added sugars** in foods like confectionery, soft drinks, cakes and sweet biscuits. Good snack choices include fresh fruit, natural yoghurt with berries, roasted chickpeas, wholegrain crackers with cheese, and wholegrain toast with avocado or natural nut butter

After pregnancy with GDM

In most women, gestational diabetes will go away once the baby is born. However, some women will continue to have high blood glucose levels after pregnancy, so it is important to have a follow-up oral glucose tolerance test 6-12 weeks after delivery, to check that your levels have returned to normal.

It's also recommended that you continue to be checked for diabetes

every 1-3 years, depending on the results of previous tests and your risk factors for type 2 diabetes. This is because approximately 1 in 2 women who have had GDM develop pre-diabetes or type 2 diabetes within 10-20 years.

If you are planning another pregnancy, it's recommended that you are screened for diabetes before you try to conceive, and then again early in your pregnancy.

There are several things you can do to reduce your risk of developing type 2 diabetes in the future, and of developing GDM in a subsequent pregnancy. These include:

■ **Following a healthy eating plan** – similar to the guidelines recommended during your pregnancy, although you won't need to be as careful with the quantities and spacing of carbohydrate across the day.

■ **Moving more** – exercise regularly, incorporate incidental activity where you can, and break up sitting time regularly.

■ **Getting back to your pre-pregnancy weight** and if you were carrying excess weight before pregnancy, trying to get back to a healthy weight.

■ **Breastfeeding** – this not only has benefits for your baby, but research has shown that women with GDM who breastfeed have a lower risk of developing type 2 diabetes and this risk reduction is greater the more exclusively and the longer you breastfeed. ■

Gestational diabetes: caring for yourself and your baby

A booklet providing comprehensive information about gestational diabetes, its management and where to get help.
ndss.com.au/about-diabetes/resources/find-a-resource/gestational-diabetes-caring-for-yourself-and-your-baby

Gestational diabetes: life after gestational diabetes

A booklet which assists women who have had gestational diabetes to understand how to reduce their risk of developing type 2 diabetes.
ndss.com.au/about-diabetes/resources/find-a-resource/life-after-gestational-diabetes

Baby Steps

An online program designed to empower women with GDM to implement lifestyle changes after their pregnancy to reduce their risk of type 2 diabetes.
ndss.com.au/services/support-programs/baby-steps

DIABETES & STIGMA

A lot of people living with diabetes have felt shamed or blamed at some stage. Learn about the most common causes of stigma, the knock-on effects it can have and what to do if you experience it.

1 More than 80 per cent of people with diabetes report being judged, shamed or blamed. That's according to Diabetes Australia. It means that while the 'how' differs depending on the type of diabetes involved, it's a surprisingly and worryingly common experience. Much of the judging, shaming and blaming is a result of misinformation and misconceptions.

2 67 per cent of people with type 1 say they're judged when they eat sugary foods. On top of that...

- 55 per cent agree they've been made to feel it's their fault they've got diabetes.
- 45 per cent say they're made to feel irresponsible when their diabetes management isn't perfect.
- 39 per cent feel embarrassed when they have to manage their diabetes in public.

3 37 per cent of people living with type 2 say they feel judged for their food choices, too. Plus...

- 52 per cent say it's assumed they must be overweight, or have been in the past.
- 46 per cent agree the fact that diabetes is often described as a 'lifestyle disease' creates stigma.
- 26 per cent have been told they brought their diabetes on themselves.

4 Nearly 50 per cent of people with diabetes have experienced a mental health challenge in the last 12 months. And a significant number of them say people's attitudes and stereotypes about diabetes are a contributing factor.

5 It's not just mental health that can suffer as a result of stigma. Research shows that when people with diabetes feel shamed or judged, managing their diabetes becomes more challenging, too. And that can bump up the risk of experiencing serious diabetes-related complications.

6 The fact is, nobody asks for diabetes. While the causes of and treatments for diabetes are different for people living with type 1, type 2 and other types, everyone living with it has one thing in common – nobody asked for it.

7 If you need support, it's important to reach out. If the above facts sound all-too familiar or if it's raised challenging thoughts or feelings for you, support is available. The first step might be connecting with the diabetes organisation in your state or territory. Head to diabetesaustralia.com.au/contact-us to find your local office. You can also access Beyond Blue's support service on 1300 224 636 or by visiting beyondblue.org.au. And for more information about diabetes-related stigma, check out headsupdiabetes.com.au. ■





Feel the **Love**

Things not as exciting in
the bedroom as they should
be? Our experts give helpful
advice on overcoming
common challenges



Rebecca and Jim had only been married for three months when she was hospitalised following a health scare. The diagnosis? Type 1 diabetes.

“It put a major stress on our relationship,” Rebecca admits.

In the following months, the couple’s sex life took a backseat to Rebecca’s health concerns. As well as dealing with her low libido, they had to physically navigate around her pump and continuous glucose monitor (CGM) when they did try to make love.

“When neither of us was paying attention to the placement of my cannula or sensor, it increased the risk of ripping one of them out,” says Rebecca. Needless to say, this wasn’t what the young newlyweds had envisioned for their first year of marriage.

Of all the challenges that having type 1 and type 2 diabetes presents, sexual problems are among the most common, with 50-70 per cent of men experiencing impotence, and up to 81 per cent of women reporting at least one sexual concern. But while these figures are staggeringly high, problems are often downplayed.

“It’s not unusual for people to feel embarrassed and ashamed of sexual difficulties,” says Dr Janine Clarke, a practising psychologist at Mend Psychology, and mental health researcher at Sydney’s Black Dog Institute. “This can make them reluctant to seek help.”

However, keeping your feelings to yourself can have the knock-on effect of causing anxiety, low mood or depression. “A person who places a lot of importance on their sexual performance can feel like a failure,” says Dr Clarke. “This may lead them to withdraw emotionally and physically from their partner.”

The good news? Sexual problems are treatable. Here are some common concerns faced by people with diabetes, along with advice from our experts.

HIGH OR LOW BGLs

Consistently high BGLs can affect the production of testosterone, which is the hormone responsible for sex drive in men.

“For women, high sugar levels can result in inadequate lubrication, which leads to painful intercourse,” says Dr Sultan Linjawi, an endocrinologist.

“A more direct result of high blood sugars in women can be vaginal dryness and thrush – both easily treated, but frustrating barriers to an enjoyable sex life.

“Often, off-target blood glucose can make you feel out of sorts and quash any sexual desire. And then there’s the potential for hypoglycaemia after heavy physical activity,” he says.

While getting your BGLs under control through diet or medication is the long-term solution to this problem, keeping a snack on the bedside table for hypo correction is a quick and easy fix. Popping a few jelly beans is a simple way of boosting your BGLs without killing the mood.

CHECK YOUR MEDS

Conditions that may accompany diabetes – heart problems, high blood pressure and depression – and the medications used to treat them can interfere with sexual function. If you suspect your meds are dampening your desires, ask your doctor if an alternative can be prescribed, advises Dr Linjawi.



COITUS INTERRUPTUS

For people like Rebecca and Jim, juggling hardware while getting intimate is a major hurdle.

“Rebecca could try using a clear Tegaderm film over her CGM sensor as well as the tubing/connection for her infusion set,” suggests Dr Linjawi. “This will minimise the risk of these items being ripped out. Plus, as well as being very thin and watertight, it should last until the next infusion set change.”

Dr Linjawi also advises looking into alternative infusion sets for pumps, if you find the tubing is too long or too short.

WEIGHTY MATTERS

In addition to having a negative impact on your overall health and ability to manage your diabetes, being overweight can affect sexual performance. The good news? Losing just a little weight can make a huge difference. In fact, a University of Adelaide study showed that shedding five to 10 per cent of your body weight dramatically improves erectile function.

Switching to a healthy Mediterranean diet also helps as it’s thought to clear plaque from blood vessels and boost the production of nitric oxide, a compound that facilitates erections by dilating blood vessels in the penis.

BEDROOM BOOSTERS

Need help? Here’s what Dr Sultan Linjawi has to say

FOR HER

LUBRICANTS AND OESTROGEN CREAMS

Vaginal dryness can make intercourse painful and is a common complaint among women with diabetes. One simple and discreet solution is an over-the-counter personal lubricant, such as K-Y or Sylk, available from supermarkets.

If lack of moisture is exacerbated by declining oestrogen levels at menopause, ask your doctor about prescription creams and suppositories.

CLITORAL THERAPY

A small, handheld product, called the Eros Clitoral Therapy Device, is to women what the vacuum pump is to men. Essentially, it works by providing gentle suction to the clitoral area. This increases blood flow to the area and, in turn, improves a woman’s ability to achieve orgasm as well as lubrication.

This, and other similar clitoral stimulation devices, can be purchased online.

You’ll also find a wide range of sex aids for women online, so if this type of device is not for you, there are plenty of other options. ➤

FOR HIM

MEDS SUPPORT

Oral meds, such as Viagra, Levitra and Cialis, can help with erectile dysfunction. They improve blood flow to the penis, causing an erection. However, these meds are effective in only about half of men with diabetes. Another option is injectable medications, prescribed by your GP.

RINGS AND PUMPS

Constriction rings or bands are for men who can achieve an erection but have trouble maintaining it. They are placed around the base of the penis to trap blood, keeping the penis rigid.

Vacuum pumps are plastic cylinders that fit over the penis. When air is pumped out of the cylinder, the penis fills with blood, which is then trapped by a retaining band.

SLEEVES AND IMPLANTS

A penile sleeve is a rigid device that wraps around the penis, allowing men who can't get an erection to have intercourse. Implants are surgically inserted under general anaesthetic. Your GP can refer you to a urologist who specialises in these types of procedures.

NERVE & ARTERY DAMAGE

For some men, nerve and artery damage caused by high blood pressure, high cholesterol or having uncontrolled BGLs for a number of years can diminish sensation and disrupt blood flow to the penis, making it difficult to maintain an erection.

In women, "inadequate blood flow and diminished sensitivity can mean that arousal and subsequent climax may be more difficult to reach," says Dr Linjawi.

If you're experiencing these symptoms, consult your GP or endocrinologist to work out a long-term treatment plan.

LET'S TALK ABOUT SEX

While reducing your waistline and managing your BGLs are important parts of the better-sex puzzle, the main step to getting your sex life back on track is to start talking about it.

And the best place to begin is with your healthcare provider.

Dr Clarke says that medical professionals are used to guiding people in the discussion of sensitive topics. "A simple comment like 'I'm having problems in the bedroom' is likely to be enough to start a useful conversation," she says. "If you don't get the answers you need, ask for a referral to a specialist, like a urologist, gynaecologist or urogynaecologist."

Talk to your partner, too. "Sexual problems can be hard to hide and not discussing them can put a strain on a relationship," says Dr Clarke. "So confiding in your partner about the problems you're

having and working out solutions together can have a positive effect on your relationship."

Although things in the bedroom may work differently after you or your partner have been diagnosed with diabetes, it doesn't spell the end of intimacy. You could even try new things (like massage, vibrators or erotica) to help build the mood.

It worked for Rebecca and Jim, as she reveals, "Having an open line of communication and being willing to make some adjustments and sometimes get a little creative are the things that have helped us." ■



TAKE YOUR TIME

Make sure you're carving out time for you

Having a network of strong, supportive relationships is a common trait among people who live the longest and healthiest lives. Yet constant connection can lead us to feel distracted and overwhelmed. That's why spending time by ourselves is important: it lets us reset and recharge, enhances creativity and productivity, helps us gain perspective on relationships, and can improve our moods.

"Spending time alone is a chance for personal growth, providing space for self-reflection and self-exploration," says Nicole Bereolos, Ph.D., M.P.H., a clinical psychologist and certified diabetes care and education specialist in Dallas. Note, though, that aloneness doesn't mean loneliness. "While loneliness is a lack of meaningful connections to other people, aloneness is a personal choice to enjoy solitude," says John Zrebiec, M.S.W., CDCES, a faculty member in the department of psychiatry at Harvard Medical School. Here's a three-step process for carving out quality alone time that will help you feel rejuvenated and refocused.

SCHEDULE REGULAR DATES WITH YOURSELF Just as you pencil in lunch with a friend, schedule time with yourself on your calendar. "By making a date with yourself, you're prioritizing self-care," Bereolos says. While there's no prescription for how much alone time you should plan for, she recommends taking these mini-vacations daily, even if for just 10 minutes at a time.

Sitting with your thoughts can take practice. Start here: [EatingWell.com/Meditate](https://www.eatingwell.com/meditate)

FIND YOUR STYLE For some people, sitting still can increase anxiety. Others, however, prefer sitting quietly and centering their thoughts, Bereolos says. To see what approach works better, try sitting outside for 15 minutes, focusing on what you see, hear, and feel. If this feels like a breath of fresh air, continue to find time to be present each day. But if the stillness left you more uptight, try engaging in a short activity. One idea? Examine bucket-list items you haven't had time for and start making one happen. If this time has left you feeling fulfilled and refreshed, then you're on the right track.

SET INTENTIONS Worried you'll fritter time away needlessly? Just as learning how to manage diabetes takes time and patience, so, too, does alone time. To set yourself up for success, create a clear, actionable goal, Zrebiec says. For instance, use the time to consider one way your family could offer you more support, or define the most difficult part of managing your diabetes and think of one step you could take to improve the situation. Once you emerge from your alone time, ask yourself: "How can I act on what I thought about during this time?" ■

WORDS KAREN ASP. PHOTOGRAPHY: GETTY IMAGES.



Help yourself to *happiness*

Banish the blues and become the master of your own happiness with these life-changing, mood-boosting thoughts and actions

What makes you happy? Reading a good book, sharing a laugh with friends, playing with your kids? If you're drawing a blank, it may be time to give your mood as much priority as you give your finances or career.

Research has found that happy people enjoy better health and live longer. The positive impact on lifespan is comparable to the health effects of not smoking, according to an article in the *Journal of Happiness Studies*. When you have diabetes, the increased risk of depression and other health problems make it especially important to live your life in a way that promotes a sense of wellbeing and joy. But how do you get happy if you're stressed, low in spirits or overwhelmed by managing your condition?

It helps to know that happiness isn't a permanent state, but rather a series of moments that need to be seized, acknowledged and fully enjoyed. Happiness is also not something that just descends on your life – you really need to work at it every day.

"Happiness is achievable for all of us, but it is determined more by our minds than by our circumstances," says Dr Timothy Sharp, chief happiness officer at The Happiness

Institute in Sydney. "The disciplines that lead to and enhance happiness, such as helpful thinking and good habits, can be learned and mastered with practice."

By employing these skills, you can boost your happiness, regardless of whether you win the lottery or your diabetes is playing up. So we asked two of Australia's leading happiness experts for their tips on how you can become happier and enjoy greater health and control over your life and emotions. ➤

The happiness hijackers

FEARS FOR YOUR FUTURE

Whether you're worried you'll be a burden on your family, not be around to see your kids grow up or will suffer from health complications, your fears about the future can jeopardise your happiness in the moment.

HOW TO FEEL HAPPY

Write down your wishes

Fast-forward a few years and write a letter to yourself that pinpoints how you wish your health, relationships, career and lifestyle will be in the future.

Focus on your character strengths and describe what is happening in your life and what you're thinking and feeling. Write about how your needs and values are being met and how these are motivating you. Write about how you created these changes. Be as detailed as you can.

This letter from the future will help you recognise your core values so you can then work on achieving them.

After writing the letter, identify two or three little things you can do to help make purposeful change towards those desires for the future. Write down your action steps for that overseas holiday or spending more time with the family, then follow them through. This will help you feel far more in control of your life, which will reduce your fears about the future.

Set your worries free

"Acknowledge, 'Ah, there it is again, the early death, losing my foot, going blind or my-life-was-so-great-before-diabetes story,'" says Dr Russ Harris. "Giving your fears a title makes it easier to unhook from them. Now ask yourself, 'Is it helpful for me to dwell on this, hold on to my fear or sadness and play it over and over in my mind?' This will encourage you to realise that worry is no protection and does not better prepare you for the worst, but rather actually wears you out."

This is your cue to bring thoughts to the present and be mindful.

"By being in the 'now' and engaging in life through your five senses, you can't get caught up in fearful thoughts of the future or regretful feelings about the past," says Dr Harris.

Reboot your breathing

"Fast and shallow breathing is one of the biggest contributors to anxiety and unhappiness. It causes related issues such as increased BGLs and more stress hormones, which boost tummy fat and lower immunity," says Anna-Louise Bouvier. "But if you start to breathe slowly and deeply, your brain signals your body to slow the release of stress hormones and stimulates the release of endorphins, which are natural chemicals that make you feel good."

To improve your breathing, relax your shoulders and breathe in and out of your nose to a count of four.

"Make sure that your diaphragm, the muscle just below the top of your ribs, inflates and deflates like a balloon," says Bouvier.



WORDS STEPHANIE OSFIELD. PHOTOGRAPHY ADOBE STOCK



“WHY ME?” WOES?

It's only natural that you nurse certain resentments at having a chronic illness. The trick is to ensure that bitterness and pain don't dominate your emotional landscape.

HOW TO FEEL HAPPY

Help others

Whether you drop over a meal for a sick friend or give an extra tip to the waitress, your kindness will give the person reason to feel joy, boosting your mood, too. “Research shows that helping others is associated with far higher levels of happiness,” explains Dr Grant.

Sing your sad thoughts

Try not to deny your negative feelings. “Let them flow freely through you without a struggle,” suggests Dr Harris. “Say to yourself,

am having the thought that I'm unlucky, I hate my life and I never cut a break.”

Then try some diffusion tactics. “Silently sing your angry thought to the tune of happy birthday, or imagine it in the voice of an actor,” suggests Dr Harris. “This helps create distance from these feelings so you learn to observe them without feeling upset.”

Hold your head high

When you're unhappy, your shoulders slump, which creates shallow breathing and makes you feel more lethargic.

“You may think this doesn't matter, but research shows that people with good posture feel more positive about themselves and their abilities,” says Bouvier. “Where the breastbone, ends, lift and open up, your shoulders will widen, your neck will lengthen and your stomach will move in.”

OUR EXPERTS



**Anna-Louise
Bouvier**
Physiotherapist
and mind/body
specialist

A director of numerous Sydney clinics, Bouvier works with the general public and athletes to realign their bodies and reduce stress through exercise, improved breathing and a healthier posture.



Dr Russ Harris
Mindfulness
coach

A Melbourne-based advocate

of acceptance and commitment therapy, plus a leading expert in how to achieve happiness through living in the moment and

TIREDNESS TAKES ITS TOLL

Some days, you find that managing your diabetes can wear you out so much that you wish you could go to bed for a week. It certainly doesn't make you feel like dancing!

HOW TO FEEL HAPPY

Think positive thoughts

Tell yourself how much more energetic and healthy you'll feel if you make small changes, such as exercising more regularly, eating more vegies or going to bed earlier. You may be surprised to find that you soon have more energy.

A mindset can bring about real physical changes. One study showed that people who think exercise is doing them good will benefit more from it with a bigger decrease in weight and blood pressure, for instance.

Find a focus

This kind of spot meditation works well when you look at water, a cloud, a flower or even a picture. Or, try deeper meditation for up to 20 minutes, once or twice a day. "The act of slowing down and becoming more mindful during meditation re-energises your body and mind and benefits the immune system to help keep you well," says Dr Harris.

Watch for signs

These include low energy levels, headaches or tummy upsets, and feeling stiff and tight in the shoulders, neck and jaw.

"Examine what you think about," says Bouvier. "If 95 per cent of your time is spent thinking about work or you wallow in certain thoughts, alter your schedule and how you think. Your life will be more balanced and greater happiness will follow."

EASY PICK-ME-UPS

Show appreciation

Each day, write down something great that has happened. Then add two more things to your 'gratitude list'. Studies show that doing this little exercise at the end of every day can substantially boost your happiness because it combines gratitude with appreciation.

Pace yourself

When you have a chronic health condition, you sometimes need to slow down and do less. Even during a healthier patch, don't fill it with all the things on your to-do list or you'll risk complete burnout.

"Shift from setting goals to make yourself happy to seeking to fulfil your values to feel happy," says Dr Harris. "So, instead of having a big party, which might be too tiring, focus on the value of staying connected with friends, which you can do by calling up a few and having them over for morning or afternoon tea."

Live in the now

Do you live your life thinking you'll be happy when you're 12 kilos lighter, you don't have a mortgage or you find the right partner?

In creating these preconditions, you make happiness harder to attain. "You forget to be happy in the present moment when you could be enjoying your life to the full by being more mindful," says Dr Harris.

Realise that happiness is not an unchanging state. It's found in moments such as feeling the sun on your face or enjoying a cup of tea. Remember, too, that a sense of joy and good humour is a hugely attractive asset, drawing friendship and warmth to you like iron filings to a magnet.

Go gentle on yourself

Write a letter to yourself about times when you haven't managed your diabetes effectively to help let go of any guilt or feelings of failure. State why you're writing the letter and what you feel guilty about. Express your forgiveness of yourself, note what you've learned, what you're managing better now and how well you're doing. ■



“

Becoming more mindful during meditation re-energises your body and mind and benefits the immune system to keep you well

**NET
YOURSELF SOME
MORE HAPPINESS TIPS**

**The Happiness Trap: Stop Struggling,
Start Living *thehappinesstrap.com***

Physiocise *physiocise.com.au*

**Making Australia Happy
*iview.abc.net.au/show/making-
australia-happy***

LET'S GO BACK TO SCHOOL

YOUR DIABETES MANAGEMENT CAN GET A WHOLE LOT EASIER WHEN YOU THINK - AND ACT - LIKE A STUDENT



Remember what it was like to get ready for a new school year? The preparation, the anticipation, the excitement around starting anew and setting yourself up for success. Imagine what could happen if you approached your diabetes management the same way, taking time each year to set yourself up for what lies ahead. We'll help you embrace the five pillars of a back-to-school mindset to help you get ready for another successful year.

1. Get organised

You probably learned how to use a planner in high school, but it may have been a while since you relied on one. When you're trying to juggle the countless details of daily life and diabetes management, a planner – whether paper or electronic – can help you stay on top of your needs and focus on what's most important. No matter what form your planner takes, try using it in these three ways.

Work towards your goals

Use your planner to help you set small goals and set aside the time to work towards them. Want to walk more? Block out a post-lunch walk in your planner twice a week. Make meal-prepping easier by pencilling in an hour on the weekend to chop vegetables. You can also use your

planner to track your progress and reflect on how you've done. "When you put [a goal] in the planner and accomplish it, you get a great feeling, and the reinforcement to keep going," says Susan Weiner, co-author of *The Complete Diabetes Organizer*.

Record key dates. Let go of mental to-do lists with one central calendar that tracks appointments with your care team, fitness classes, birthdays, and get-togethers with friends. Also jot down when diabetes supplies and prescriptions will expire or need to be reordered. Write these dates down in your planner as soon as you stock up.

Track your time

It often feels like we don't have enough time to do the activities that are important to us and important for our health. Family, work, and



volunteer commitments can easily dominate your days, but a planner can help you find more time for yourself. Keep track of your activity in detail for a week or two, then evaluate whether you're spending enough time on what's important to you. "Ask yourself, where do I spend my time that I don't necessarily want to, and where can I put my time to have greater life satisfaction?" suggests Lacie Peterson, a certified diabetes care and education specialist.

2. Gather your supplies

Remember those perfect pencils, unblemished erasers, and shiny new binders? Even now, having the right supplies – and keeping them organised – can help you get the year off to a great start.

Take stock

Set aside some time to evaluate your current supplies, suggests Weiner. Make a list of what you have, what you need, and what you want to keep on hand in larger quantities. Consider how your needs will change with the upcoming seasons too, suggests Peterson. For instance, are you stocked for an unexpected sick day?

Clear out some space

Designate an area in your home for your diabetes supplies, and maybe a less prominent space for backup supplies. You won't have to hunt for what you need, and you're more likely to use it, says Weiner. If getting out the door is a whirlwind, set up a launching pad near your home's exit. Designate a spot for your bag and keys, the

diabetes supplies you carry with you, and sticky notes to help you remember things kept elsewhere, like your packed lunch or insulin in the fridge.

Consider new tech

Just like getting that new calculator in year six, upgrading your diabetes tech can make calculations and overall management easier. For instance, a continuous glucose monitor connected to a smartphone can automatically log your blood sugars and track patterns for easier problem-solving. Talk with your doctor or diabetes care specialist about your options. ►



No matter where you are in your life and your diabetes self-care, there are small changes you can make to help you

3. Choose your extracurriculars

Having plenty to do outside academics helped keep you balanced as a kid. The same notion applies when you're dealing with adult responsibilities. Trying new-to-you activities can also help you learn more about yourself and your diabetes management, because your life won't follow the same exact path every day. You'll see what works for your body.

Seek out variety

As adults, we're not always good at making plans for activities outside of our daily routines. It's really important to connect with other people, Peterson says, so set a weekly date to walk with a neighbour or organise a virtual movie night with friends. And before you start a new activity that takes you out of your routine, think about how it could affect your blood sugar and make a pre-emptive action plan. "You want to make sure you can focus on having fun, and not stress because you're outside your normal routine," says Peterson.

Build in time for fun

You're doing a great job managing your diabetes, but all that effort can feel like homework. Set aside time to do the things you enjoy, like reading a book or talking to a friend. "Look at blocks in your schedule, not necessarily to fill them with activities, but to make sure you have time for self-care," says Weiner.

Try new ways to get moving

Just as school sports change with the seasons, so too can your exercise routine. Think about what you can do to make sure you don't stop moving when the weather turns cold, Peterson recommends. It's a perfect opportunity to try a sport or workout you've never tried before: Check out an online yoga class through a local studio, check if a nearby sports centre offers water aerobics, join a friendly indoor volleyball team, or explore virtual workouts.

4. Adopt a growth mindset

As a kid and teen, each year of school involved learning more about yourself – what you're good at, what you'd like to improve. No matter where you are in your life and your diabetes self-care, there are probably small changes you can make to help you going forward.

Evaluate your habits

You're likely doing certain things to manage your diabetes multiple times a day. Make a list of those practices and ask yourself if they're working for you, or if some need tweaking. What's changed in your life that you might not have accounted for? Where do you need to pay a little more attention? If you're not sure how to adjust your habits, bring your list to your next diabetes care specialist appointment and troubleshoot together.

Practise positive thinking

"People with diabetes are always told you can't do this, [or to] limit that," says clinical psychologist Nicole Bereolos. "The constant no becomes all that you hear, which then negatively affects your mood." And that negativity can impact your relationships too. She suggests thinking of something you know will make you smile – maybe a song or quote, or a favourite memory. "Simply by having a positive thought, it can elicit the chemicals in the brain that bring about better feelings."

Hone your problem-solving skills

Being comfortable making decisions on the fly, especially around diabetes management, can help you adapt to the sudden changes life can throw your way. "Start thinking about how to be flexible in small ways, like when the supermarket doesn't have your favourite yoghurt," says Bereolos, "and try to have backup plans in place for various situations." Think back to when you were in school – if you couldn't solve a maths problem on your first try, you wouldn't just give up, would you?

Reflect

Every few months, take some time to look back and ask yourself: What's going well? What would I change? Think about what that change would look like and write it down, Peterson recommends. You might even continue to write about your progress over the course of the "semester".



5. Focus on your friends

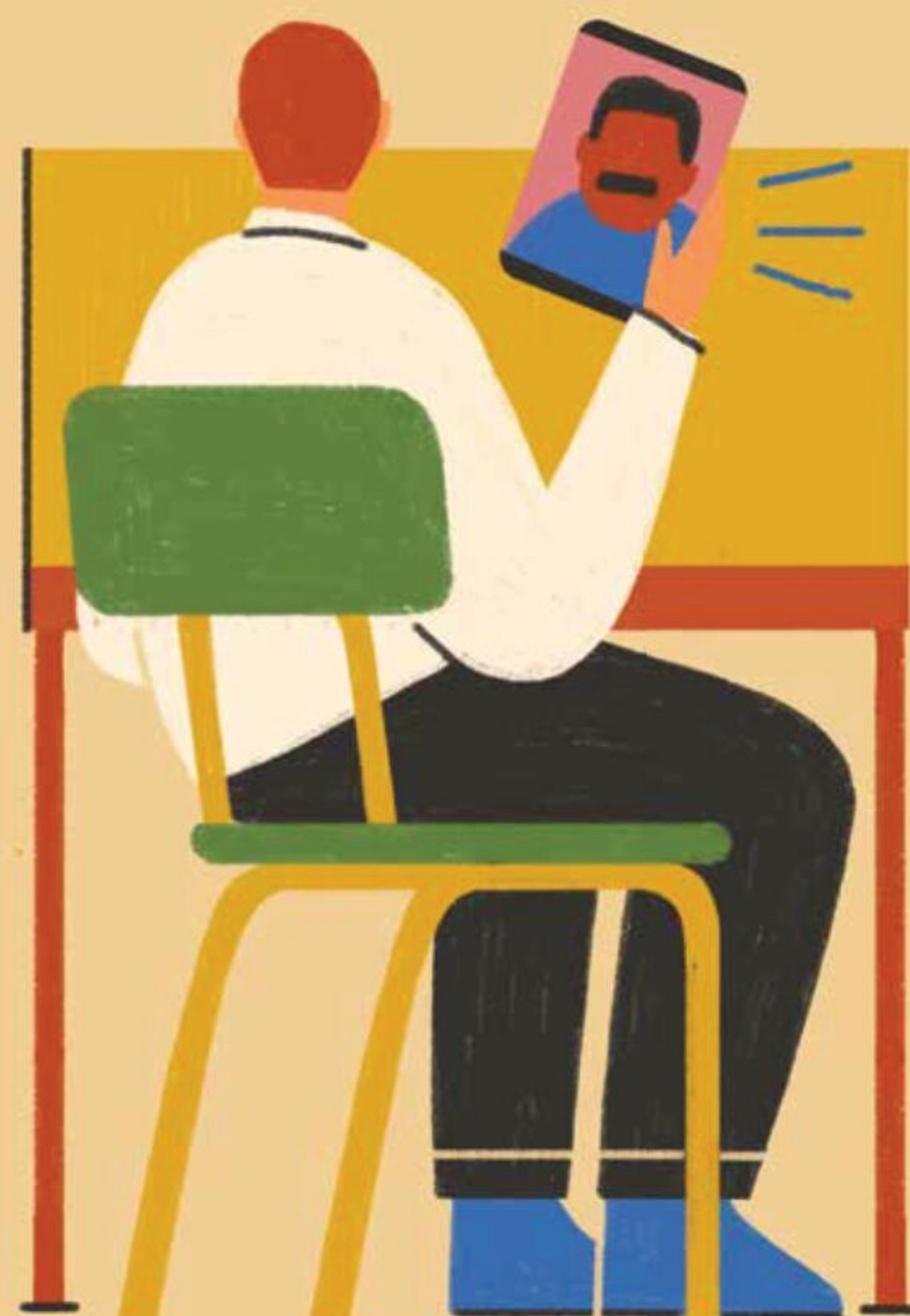
After a long summer apart, reuniting with your friends – and making new ones – was a highlight of going back to school. Rekindle that same excitement by nurturing your adult friendships.

Do a friend check-up

Closely examine your friendships, suggests Bereolos. Is there back-and-forth? Are you helping them as much as they're helping you? "If you have a friend who's running errands for you, maybe you could bake them some banana bread, or make another gesture that shows you appreciate their time," she says.

Branch out

One of the easiest ways to make new friends, says Bereolos, is through group activities. Find gatherings around an activity you care about, like a knitting group or a group for those new to cycling. Having something in common with your fellow participants makes it easier to move into friendship. "People won't come knocking on your door looking for a friend," Bereolos says. "You have to put yourself out there." If going out is difficult, look for online support groups which facilitate both in-person and virtual meetings. ■



Are you **GETTING**

Staying sun safe is important, but now it seems many of us are so sun deprived that we're seriously low on vitamin D. It's a diabetes health risk you need to know about



ENOUGH

(vitamin D that is!)

Worrying about too much sun on your skin is as Australian as meat

pies and *Waltzing Matilda*. We sensibly slip, slap, slop our way through summer, and are conscious of staying out of the midday rays – even in the lower-UV winter months.

This is great for warding off skin cancer, dehydration and wrinkles, but there's an inevitable downside. Because sunlight is our main source of vitamin D, these sun-smart habits, combined with an indoor lifestyle, mean that anywhere between one in five and one in three Australians is lacking in vitamin D all year round. Worriingly, that number climbs to as many as one in two for people living in Australia's southern states and during winter for women. So much for the sunny country. While researchers have long known that vitamin D is essential for bone health, studies also suggest that being deficient in the vitamin is linked with poorer blood glucose control in type 2 diabetes, an increased risk of heart disease, and may even be associated with the onset of type 1 diabetes in childhood. Being low in vitamin D may also make you more susceptible to everything from dementia and bowel cancer to multiple sclerosis, and may also lead to poorer outcomes or even a larger likelihood of dying from certain cancers and respiratory diseases. ➤

Diabetes and the D-FACTOR

The links between vitamin D deficiency and diabetes have scientists questioning whether topping up your levels could not only improve diabetes control, but might actually prevent some people from developing it. Here's some food for thought...

FOCUS ON TYPE 2

On top of research suggesting a link between lower levels of vitamin D and less consistent blood glucose management in people with type 2 diabetes, a 2018 Australian study also found an association between vitamin D status and the risk of developing type 2 in the first place. In the study, as vitamin D levels rose, diabetes risk did the opposite. Similarly, research published just last year found that people with lower vitamin D levels were more likely to have prediabetes.

One explanation may be the fact that vitamin D is believed to help improve the body's sensitivity to insulin, the hormone that's responsible for regulating blood

sugar levels. So, by maintaining optimal levels of vitamin D, the risk of insulin resistance, which is often a precursor to type 2 diabetes, may fall.

Putting that theory to the test, the results of some recent studies suggest that for people at a high risk of developing type 2, taking a vitamin D supplement may help to improve insulin resistance. Similarly, an overseas study published in 2019 found that when people already living with type 2 diabetes took a vitamin D supplement, their HbA1c and their insulin resistance improved.

FOCUS ON TYPE 1

As the rate of type 1 continues to increase around the globe, scientists have had low vitamin D levels in their sights as a possible cause for some time. So, what do we know? The short story is, it's a bit of a mixed bag. While a study published at the beginning of 2021 seems to suggest that vitamin D deficiency doesn't increase the risk of type 1 diabetes, other research shows that vitamin D levels are often significantly lower in children with type 1. But whether that's as a result of diabetes rather than contributing to its cause, isn't completely clear yet.

Still, bearing in mind that type 1 diabetes is an autoimmune condition, low vitamin D levels have been identified as a significant risk factor for the development of several other types of autoimmune diseases, including multiple sclerosis. And recently, UK researchers delved a bit deeper into why and discovered it's due to how vitamin D directly affects key cells of the immune system.

As the rate of type 1 continues to increase around the globe, scientists have low vitamin D levels in their sights as a possible cause.

So, what can or should you do?

Take these three pieces of advice to heart

1 Try to get enough vitamin D.

While some foods, including eggs, oily fish and products that have been fortified, contain vitamin D, it's sunshine that remains the best natural source of the vitamin. In a nutshell, ultraviolet rays penetrate the skin and interact with a chemical called 7-dehydrocholesterol to form vitamin D.

How much sun you need to keep your vitamin D levels topped up depends on a few different things, including the time of day, your skin type and how much skin is exposed, as well as where you live in Australia and what season it is. But as an example, for moderately fair-skinned people, experts say that in summer, a six- or seven-minute walk with your arms exposed, mid-morning or mid-afternoon, most days of the week, should be sufficient. In winter, this changes to a walk at midday with as much skin exposed as feasible, for 10-40 minutes – depending on where you live – most days of the week. Regardless of what time of year it is or your skin type, remember that whenever the UV index is 3 or above, it's important to wear sunscreen to protect against skin damage. You can keep an eye on the UV index where you are by downloading the SunSmart app to your phone or tablet.

2 Talk to your GP if you're worried you might be deficient.

Too-low levels of vitamin D can cause symptoms including fatigue, low energy as well as bone, joint or muscle pain, but often there are no warning signs. Routine, across-the-board screening of adults, via a blood test, to check their vitamin D levels isn't recommended in Australia, even during pregnancy, but for people at risk of deficiency, it's a different story. Factors that bump up the risk of deficiency include having deeply pigmented skin, or ongoing and severe lack of sun exposure for cultural, medical, occupational or residential reasons. Some health conditions, medical procedures and medications, such as coeliac disease, bariatric surgery and epilepsy medicines, can also increase the risk of low vitamin D levels. If you think your vitamin D levels might be at risk, talk to your doctor about getting tested.

3 And ask for their advice before you start taking a vitamin D supplement.

They're available over the counter without a prescription, but Australian therapeutic guidelines only recommend supplementation for people with a confirmed vitamin D deficiency. On top of the fact that the jury remains out or isn't convinced around how effective taking a vitamin D supplement is for preventing or improving non-bone-related health outcomes like heart disease – and diabetes – even the results of studies designed to investigate whether supplements reduce fracture risk are mixed, too. Plus, there are side effects of having or taking too much vitamin D, so always check in with your doctor first before you start taking a supplement. ■





GO WITH THE FLOW

This short yoga sequence can help you relax, unwind, and reconnect with your body.

Times of stress can make it harder to manage your diabetes and prioritise things that are important to you. And the past two years have brought more than their fair share of stress and uncertainty. That's why, more than ever, taking a few moments each day to breathe and recharge is so important. It can help you manage stress, connect with your needs, and return to your day more focused and present than you were before.

This series of seven moves is designed to help you check in with your body, your stress levels, and your emotions. "This is the perfect flow to open your heart and find your centre," says certified yoga instructor, Chelsea Jackson Roberts.

HOW TO DO THIS SEQUENCE

Flow through the moves in order, starting and ending with Mountain Pose. Hold each pose for three to five breaths. Start with one round through this sequence, working your way up to five rounds for a more challenging session.

THE GOAL

Try doing a round of this sequence whenever you are feeling overwhelmed and need a moment to gather your strength. You can do this sequence every day if you like, but start by aiming for once or twice a week.



1 MOUNTAIN POSE

Stand with your feet together. Bring your shoulders down and back and place your palms together in front of your chest. Feel the ground under all four corners of your feet as you lengthen your body upwards to stand tall. Close your eyes or maintain a soft gaze forward as you inhale through your nose and exhale through your mouth.



2 UPWARD SALUTE

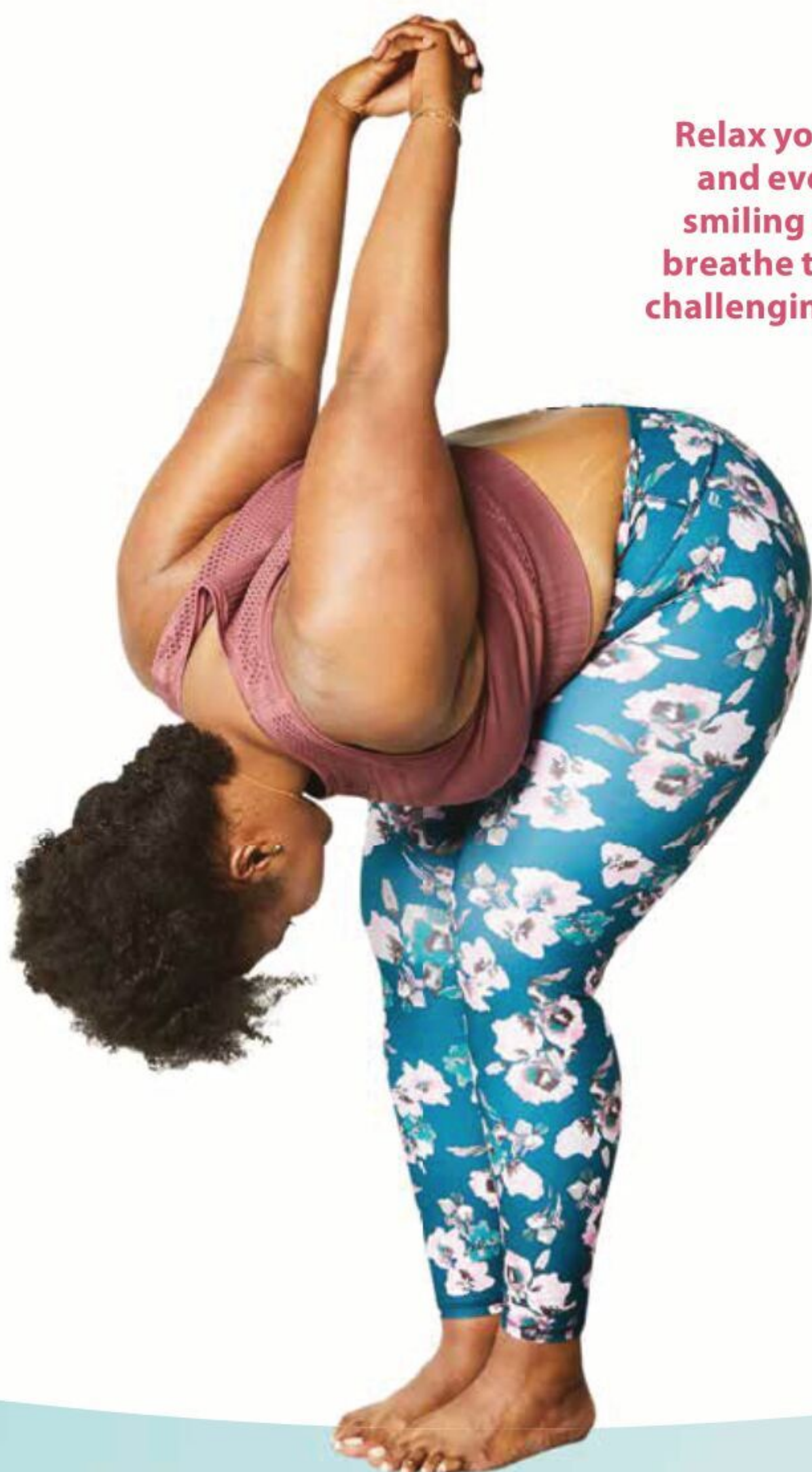
From Mountain Pose, inhale and extend your arms overhead; allow your gaze to follow. Reach through your fingertips as you ground down through your feet. Continue to breathe as you feel the stretch throughout your upper body.

Lengthen your body as you inhale and settle into the pose as you exhale.



3 SHOULDER STRETCH

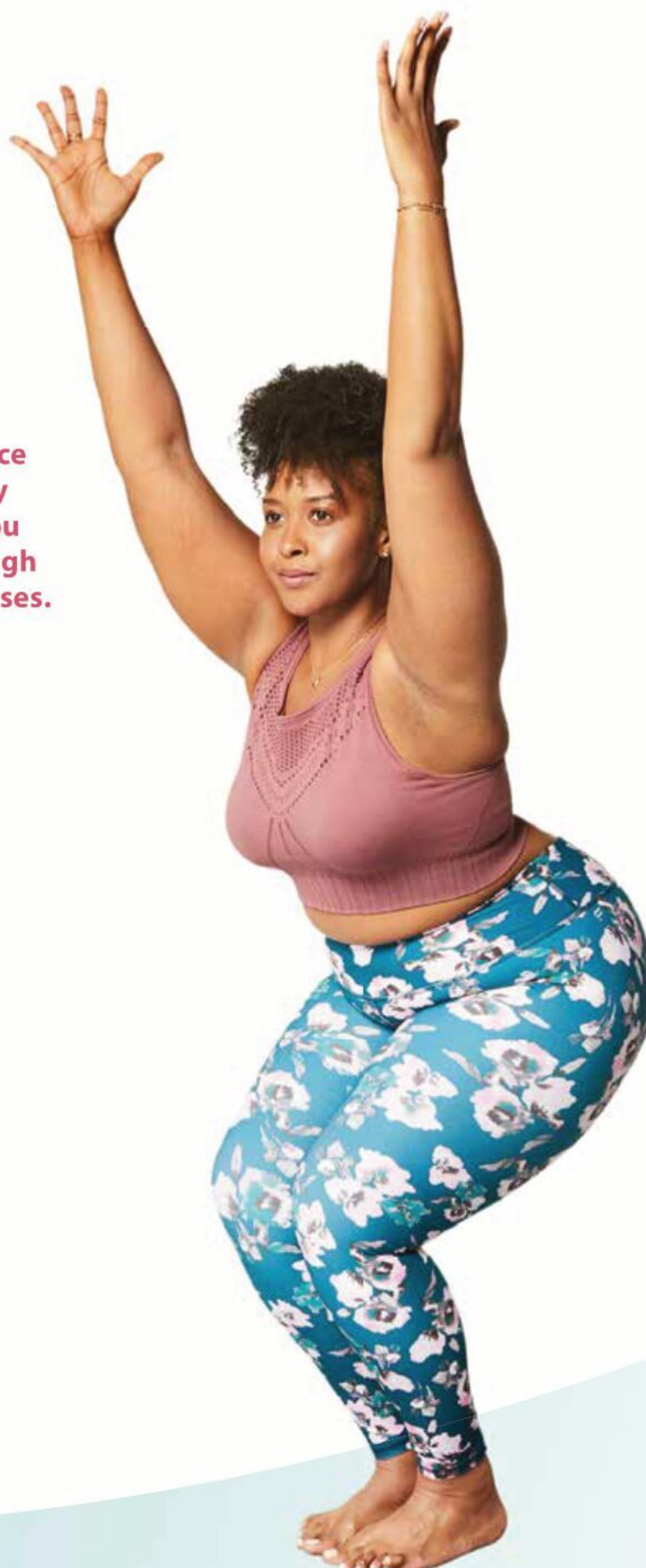
From Upward Salute, exhale as you bring your arms down and around, reaching slightly behind you while outwardly rotating your shoulders to stretch your chest. With your arms down, interlock your fingers behind your lower back. On each inhale, lengthen upwards through your chest and press your knuckles downwards. ➤



Relax your face and even try smiling as you breathe through challenging poses.

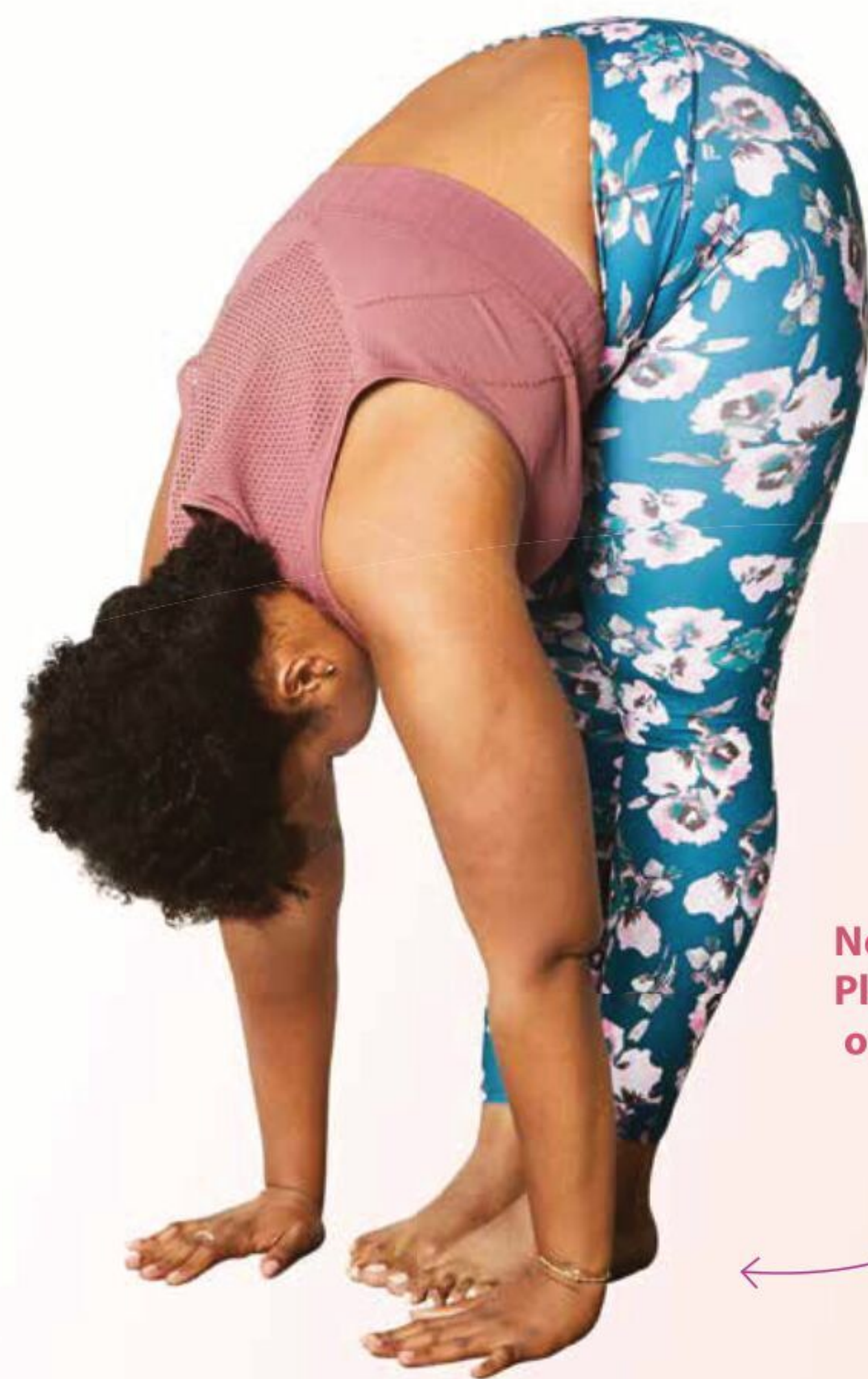
4 FORWARD FOLD WITH CLASPED HANDS

Begin in Shoulder Stretch with your hands behind your back. With your fingers still interlaced, lift your chest and press your knuckles down to keep your arms engaged. On your next exhale, bend your knees slightly and bow forward, letting your clasped hands fall forward. Allow your belly to rest on your legs (or just bend as far forward as is comfortable) while actively pressing all four corners of your feet into the ground. If this arm position is too much, rest your interlaced hands on your lower back.



5 CHAIR POSE

From Forward Fold with Clasped Hands, inhale, then gently release your hands and sweep your arms up as you lift your head and chest and lower your hips back and down as far as is comfortable. Engage your core, and tuck your tailbone slightly to keep your lower back nice and long. Feel your quadriceps – the muscles in the front of your thighs – support your body as you press down through all four corners of your feet. Extend through your arms and draw your shoulder blades into your upper back to bring your elbows closer to your ears. Hold here, acknowledging your strength as you hold this challenging pose.



Not this flexible?
Place your hands
on your shins or
thighs.



6 FORWARD FOLD

Release Chair Pose on an exhale and bow forward, leading with your chest, to place your hands on the floor as you release your quadriceps and straighten your legs. (If you can't reach the floor, bend as far as is comfortable.) Keep a slight bend in your knees, allowing for a gentle stretch in the back of your legs. Relax your head and neck, and feel all four corners of your feet supporting you on the ground.

7 ROOT TO RISE

From Forward Fold, inhale and press your feet down into the floor as you sweep your arms up above your head and lift your upper body to return to standing. Reach up through your fingertips, as you did in Upward Salute, and stand tall. On an exhale, return to Mountain Pose, bringing your palms together at your chest as you draw your shoulders down and back. Breathe here, paying attention to how you feel.

DID YOU KNOW?

Stress can take a toll on the immune system, making it harder for immune cells to patrol our bodies and prevent unwelcome “guests” from sticking around. A regular stress-management practice, like this yoga sequence, can help your immune system function the way it's meant to.

TRY THIS: SITALI BREATH

This breathing pattern is known to ease anxiety. Stand in Mountain Pose or sit in a chair. Close your eyes and begin to bring awareness to how you are breathing. Relax your jaw and curl your tongue like a taco. (Don't worry if your tongue won't cooperate – just leave it!) Inhale one long breath through your mouth like you are inhaling through a straw. On the exhale, allow the breath to travel out through your nose with ease. Continue this pattern for up to 10 breaths. ■



When **Bruce Patrick** was diagnosed with type 2 diabetes in 1997, he'd recently turned 38 and had no way of knowing that he was actually living with type 1.5. Since discovering that more than 20 years later, he's been on a steep learning curve but feels like he's finally in control.

**“I HAVE A
WHOLE NEW
LIFE AHEAD
OF ME”**

“I’ll be honest – being re-diagnosed with type 1.5 or what’s called latent autoimmune diabetes in adults, or LADA, in early 2020 filled in a lot of the blanks for me, but it raised as many questions as it solved.

“Suddenly, I was faced with a different treatment regimen and essentially, a different disease, and that’s definitely been a struggle.

“But it certainly explained why I’d never really been able to control my diabetes very well ever since I was first diagnosed in 1997.

“Back then, I was working a lot of hours in a high-stress job, so I put the fact that I was feeling a bit like death warmed up down to that. But on top of constant headaches and blurred vision, when I started having to go to the toilet all the time and was waking up to drink about two litres of water during the night, I knew I had to do something.

“I booked a GP appointment, had a blood test and within the hour, was told I needed to get to my local hospital. My initial response was ‘I can’t do that’, because my wife’s eldest daughter had just had her first baby, which was three months’ premature, in Sydney and we were about to jump in the car to travel to her. But my doctor eventually convinced me to rethink that plan and I’m so glad he did because the next day I went into a sugar-induced coma overnight.

“Eventually, after buying a blood glucose monitor, which you had to do back then because nothing was free or subsidised, I was discharged from hospital. And that was the start of my journey with diabetes.”

From type 2 to type 1.5

“Within the first 12 months of being diagnosed, I was on most of the oral diabetes medications, at maximum doses, and was already injecting insulin a few times a day, but nothing was really working to keep my glucose levels under control.

“The first I heard about type 1.5 was not long after my diagnosis. I went to a seminar that was organised by a local diabetes support group, where a professor from a research institute was speaking. I picked his brains and told him about my situation and he said ‘look, I’ve got my doubts whether you are type 2 – I think you might be verging on something called type 1.5’. At the time, it wasn’t an officially recognised diagnosis so I left it at that.

“It wasn’t until my HbA1c hit 10.8 in early 2020, after progressively climbing for a long time despite trying to do everything right and being on every medication, that my GP took the advice of a local diabetes educator here in Leeton where I grew up and still live today, and sent me off to have a GAD antibody test. That proved it – there were a lot of antibodies, which basically told my doctor that my pancreas was no longer producing insulin. And that I was type 1.5 not type 2.”



Finally, I feel like I’m getting there in terms of controlling my diabetes. I feel so much better

A new direction

“Soon after learning I had type 1.5, I started using a continuous glucose monitoring system and I had some initial success with that, but the game changer for me was doing the OzDAFNE program.

“Until then, I’d simply dismissed the idea of using an insulin pump – too expensive and I couldn’t see the benefit. But what I learned through OzDAFNE, which stands for Dose Adjustment For Normal Eating, made me do a 180. The program not only taught me how to test to find out if I had too much or too little insulin in my system, it also taught me how to count carbs and then adjust and only take on the amount of insulin I needed for that meal, rather than eating to meet my insulin levels.

“That knowledge also helped me understand the relevance of insulin pumps, and that they were worth the investment. So I bought one outright, out of my own funds. Now, I jokingly tell people it’s my small car, but it’s been worth it.

“That said, getting my head around how to use it hasn’t been easy, and a kink in the cannula meant I was on the verge of going into diabetic ketoacidosis on the first day of using it. And of course there’s still a lot you have to do and stay on top of to make it work like you want it to.

“But after just a few weeks of using it, my blood sugar levels were like chalk and cheese to what I’d lived with for such a long time. Finally, I feel like I’m getting there in terms of controlling my diabetes. I feel so much better and as though I can once again get out and do the things I love, like paddle boarding on the river. I have a whole new life ahead of me.” ■



“DIABETES
doesn't define me and
I'VE NEVER LET IT
STOP ME.”





Peter and his wife Bernie with their three children.



Peter in Sydney in 1947.

Eighty-two-year-old **Peter Eaton** has not only been living with type 1 diabetes for 75 years, in 2004, he became one of the first people in Australia to start using an insulin pump. For someone who didn't think he'd live to see his 20th birthday when he was diagnosed with diabetes as a seven-year-old, Peter's life has been one incredibly well lived.

"I found out I had diabetes in the middle of 1946, not long after my seventh birthday. I'd been feeling a bit tired so my mother took me to see the local doctor in Milton in NSW, where we lived, and he picked up on the fact that I had diabetes straight away. That was actually pretty astute of him at the time."

"I spent about a week in the Milton hospital while they arranged for me to go up to the Royal Alexandra Hospital for Children in Sydney, which seemed to be the only place where diabetes was treated.

"That hospital became my home for the next six months and basically, after the first couple of weeks, I had the run of the place.

The grounds were extensive and you could wander anywhere you liked – and I did. I'd go around helping the nurses and they also had a school there, so I attended that, too.

"One of the main things I remember is that underneath my ward there was a place where this old guy used to sharpen the needles for the hospital, including those used to inject my insulin. They were much bigger in those days – probably four or five times the diameter of the needles we use today, and they were never really sharp. Thank goodness I was only having one injection a day!

"I didn't start doing my own injections until I was about 11 or 12 and it was my mum who tested my urine to try and work out how much insulin I needed. Looking

back, it couldn't have been very accurate, but I survived."

Living life to the full

"We didn't really know too much about diabetes when I was young. No one in my family had had it before me, and thankfully, no one has had it since, either. All I knew when I was a child was it was a disease, I had it and I didn't know how long I was expected to live, but I just kept going.

"I wasn't allowed to play sport at school, because the thinking back then was that if you had diabetes, you shouldn't be active. But I grew up on a dairy farm so I was active alright!

"I left school at 15 because that was as far as you could go in ➤

my story: type 1

Peter receives his 70th Kellion Victory Medal. Below: Peter at the hospital in 1946.



Embracing new technology

“When the first synthetic insulin hit the market in the 1980s, a lot of people were upset about not being able to keep using the type that came from pigs or cows, but I didn’t hesitate. I’ve always believed in going with technology.

“It was a similar story when insulin pumps first became available. It took me six months to convince my doctor to agree that I could start using one because it was unknown technology, but my feeling was that it’d be better for me and would make life easier, and it certainly did.

“My only frustration now is that you have to wait four years before you can get a new one each time. I know there’s a better one out there right now but I can’t get it for another year and a half.

“I’ve always understood the risk of complications that comes with living with type 1, and I’ve been very fortunate in that regard. I’ve only had one problem as a result of living with diabetes for so long – crescendo angina, which landed me in hospital for a quadruple bypass on Christmas Day in 2013.

“After a bit of a hiccup, I fully recovered from that operation and was soon back playing golf at my local club in Ballarat, where Bernie and I have lived since 2010.

“I think what I’ve learned after so many years living with diabetes is that there’s absolutely no reason why you can’t live a long, healthy life with this disease. Diabetes doesn’t define me and I’ve never let it stop me from doing anything. I’ve now got my 75th Kellion Victory Medal from Diabetes Australia, for living with type 1 for 75 years and my next goal is getting my 80th one.” ■



There’s absolutely no reason why you can’t live a long, healthy life with this disease.”

WORDS KAREN FITTALL

YOUR PUZZLES

Grab a cuppa and a comfy chair – it's time to put your brainpower to the test.

CODE CRACKER

Each number in the grid represents a different letter of the alphabet and it's your task to decode them all. We have given you three letters to start you on your way, so you can see that Y=7, T=23, and P=26. You can record each letter as you work it out in the letter checker at the bottom of the grid.

25	21	17	4	6	12		3	8	21	25	17	2	8		10	4	8	1	23	2
	17		8		4		12		17		10		9		17		23		8	
2	24	12	16		10	17	4	15	10		8	4	1	15	9		20	19	4	18
	8		17		17		12		18		12		17		23		15		8	
24	21	8	9	10	20		9	17	16	15	9	12	4		8	2	10	12	26	8
		4			17	21	10		8				13	19	5				20	
2	7	16	25	17	4		8	9	4	12	10	8	2		23	12	4	4	17	24
	17		7						17		20						8		23	
12	13	3	8	9	23		1	12	9	25	8	4	23		12	16	12	11	17	9
	8				17	24	4				22		20	15	16			17		
6	4	17	17	16	7		17	25	2	10	19	21	8		9	17	25	17	13	7
	4		26		2		26		4		8		21		8		12		17	
14	15	4	23		20	12	26	26	7		21	17	16	26	2		9	15	6	20
	9		15		17		8		8		8		17		23		14		16	
8	6	6	10	19	26		13	8	21	15	13	8	2		7	8	17	16	12	9

1	2	3	4	5	6	7 Y	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23 T	24	25	26 P

SUDOKU

Place the numbers 1-9 in each horizontal and vertical line, noting each number can only appear once in each of the nine 3 x 3 squares.

	7						1	9
			9	4		3	6	
				8				
	5		3		9			6
			6	2		5		
4								
6		4	8			9		7
5	1				3			
		7						

CHUNKY CROSSWORD

Sharpen your pencil and show what you know.

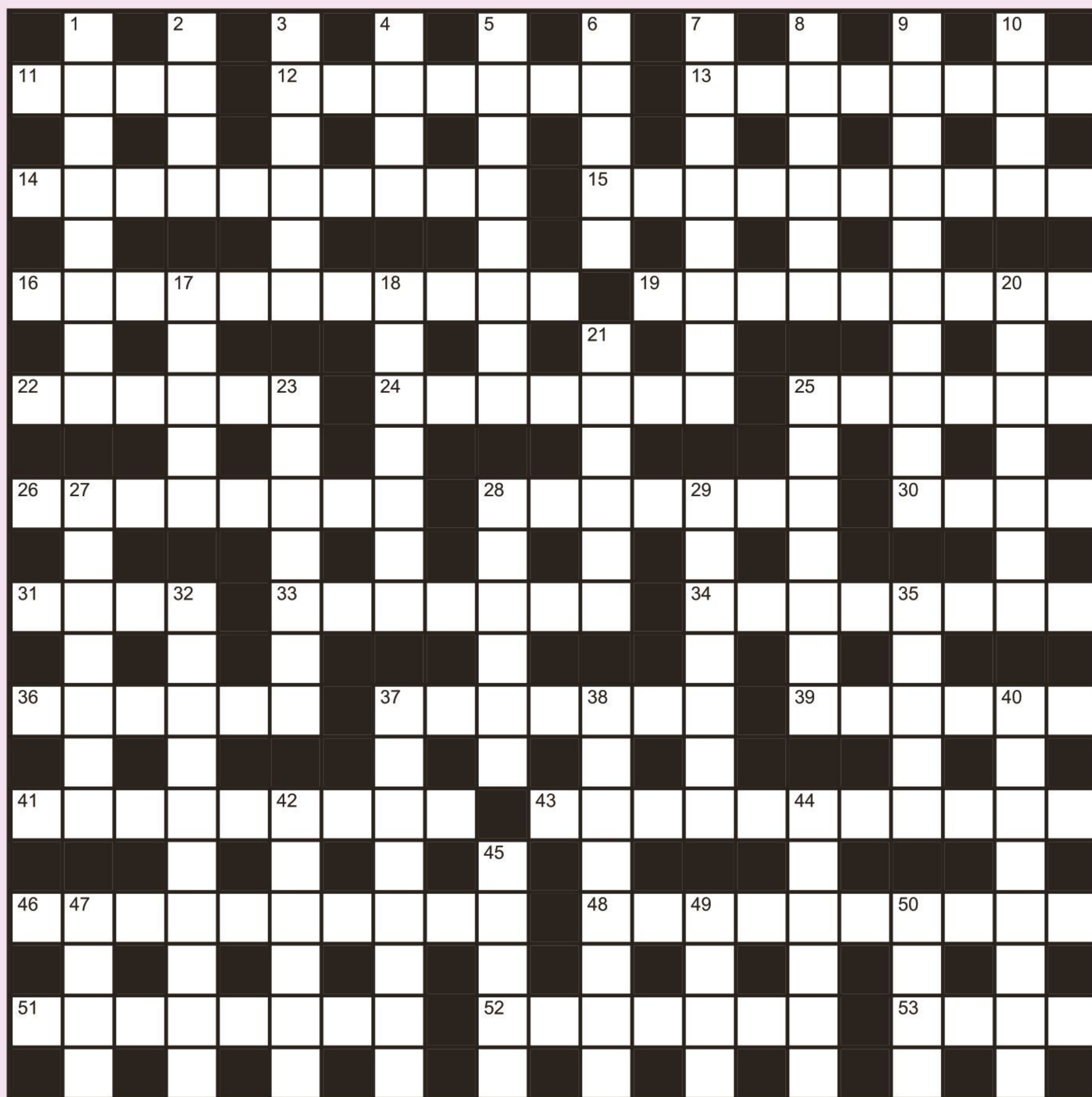
For solutions, see page 126.

ACROSS

- 11** Healthy pudding seeds (4)
- 12** Fainted amorously (7)
- 13** Destined for bad luck (3-5)
- 14** Sydney ---, harbour-side landmark (5,5)
- 15** Owner (10)
- 16** Rascal, scamp (11)
- 19** Australian swimming star (3,6)
- 22** Open a parcel (6)

- 24** Tasty cheese (7)
- 25** --- Stone, *Basic Instinct* star (6)
- 26** Capital of Hawaii (8)
- 28** Quitter (4,3)
- 30** --- Fitzgerald, jazz singer (4)
- 31** Mount ---, active Sicilian volcano (4)
- 33** Stems from (7)
- 34** Good-looking (8)
- 36** Dealer in stockings (6)

- 37** Nasal opening (7)
- 39** Overcast (6)
- 41** Faked it, feigned (9)
- 43** Wonderful (11)
- 46** --- Circus, West End road junction (10)
- 48** Without a job (10)
- 51** Fugitives (8)
- 52** Grove of fruit trees (7)
- 53** Bart's teacher in *The Simpsons* (4)



DOWN

- | | | |
|--|--|---|
| 1 Clergyman, padre (8) | 18 Varnish (7) | 37 Unnecessary (8) |
| 2 Duo (4) | 20 Conundrum (7) | 38 Asset, supply (8) |
| 3 Respiratory affliction (6) | 21 Hateful (6) | 40 Underground prisons (8) |
| 4 Bean curd (4) | 23 Pillage, loot (7) | 42 Elbows, prods (6) |
| 5 Cover for a letter (8) | 25 <i>The --- Verses</i> , Salman Rushdie novel (7) | 44 Get in the way of (6) |
| 6 Skilled, proficient (5) | 27 Exterior (7) | 45 Power line tower (5) |
| 7 Mythical monster (8) | 28 Concoct (6) | 47 --- facto, by the fact itself (Latin) (4) |
| 8 Part of cauliflower or broccoli (6) | 29 Shakespeare's Moor of Venice (7) | 49 Dutch cheese (4) |
| 9 In person (4-2-4) | 32 Noble, peer (10) | 50 Lyric poems (4) |
| 10 Demonstration (abbrev) (4) | 35 Lazy animal (5) | |
| 17 Petrol station (colloq) (5) | | |

good advice

Big changes start with simple steps. Try these ideas to help improve your wellbeing.

FEEL BETTER IN FIVE

Coffee for cognition

Can't start the day without a cup of coffee or two? Good news – as well as being an in-the-moment mental pick-me-up, drinking coffee may also deliver long-term benefits for your brain health, too. That's according to the results of an Edith Cowan University study, which found that people who drink higher amounts of coffee may be less likely to develop Alzheimer's disease. "We found participants with no memory impairments and with higher coffee consumption at the start of the study had lower risk of transitioning to mild cognitive impairment – which often precedes Alzheimer's disease – or developing Alzheimer's disease over the course of the study," said the study's lead investigator, Dr Samantha Gardener. It's not yet clear exactly which components of coffee are behind its positive effect on brain health, but it's likely it's not just the caffeine. As for how much coffee to drink to reap the benefit, the authors say that if you drink one cup per day, it's a good idea to enjoy at least one more every day.





Give a little to get a little

Being on the receiving end of social and emotional support when you need it has been shown to play a key role in health and wellbeing, but a new study out of the US shows it works the other way, too – people who give social support to their loved ones also enjoy a health kick, as a result. In particular, providing support seems to lower levels of something called chronic inflammation, a health marker that's been linked to everything from memory problems to an increased risk of cancer, heart disease and even diabetes. "It may be that when people believe they can give more support to friends and family, these relationships are especially rewarding and stress-relieving, which reduces inflammation," says the study's lead author, Tao Jiang from Ohio State University. The take away? For the sake of your health and wellbeing, lend an emotional helping hand, when you can.

Hold the sugar

But don't give up on baking your favourite sweet treats. Just grab a packet of Lakanto's Baking Blend and carry on cooking. Containing Lakanto Monkfruit Sweetener, it tastes just like caster sugar, but with 87 per cent fewer calories and zero net carbs. Designed to be used as a one to one sugar replacement, it doesn't just taste like the real thing, it behaves like it, too. Dissolving effortlessly and retaining moisture, it means that unlike many other granulated sweeteners, there's no blitzing required. Plus, Lakanto's Baking Blend also helps to control cookie spread, improves viscosity of sweet sauces and provides better browning for your cakes and desserts. It's just a few of the reasons why it was awarded a 2022 Product of the Year award, in the natural sweetener category. Visit lakanto.com.au for more information. ➤



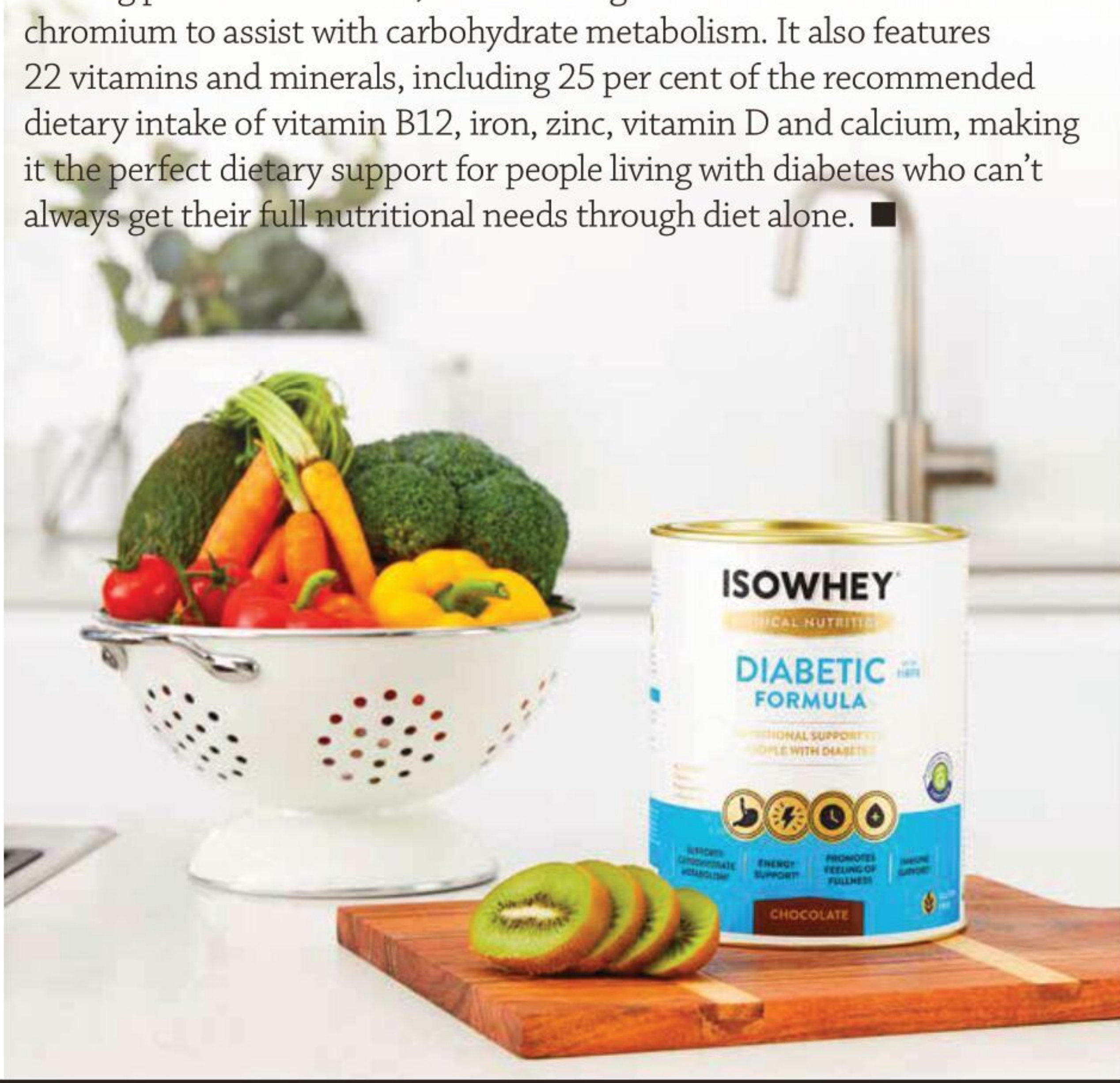
good advice

Yoghurt lowers pressure

Yoghurt has been linked to being good for everything from bone strength to gut health, but a study by the University of South Australia has added another benefit – eating yoghurt regularly is associated with lower blood pressure for those with hypertension, or high blood pressure. “High blood pressure is the number one risk factor for cardiovascular disease, so it’s important that we continue to find ways to reduce and regulate it,” says UniSA researcher, Dr Alexandra Wade. “Dairy foods, especially yoghurt, may be capable of reducing blood pressure.” Dairy foods contain micronutrients including calcium, magnesium and potassium, all of which are involved in the regulation of blood pressure, but yoghurt also contains bacteria that promote the release of proteins which lower blood pressure. “This study showed for people with elevated blood pressure, even small amounts of yoghurt were associated with lower blood pressure. For those who consumed yoghurt regularly, the results were even stronger, with blood pressure readings nearly seven points lower than those who didn’t consume yoghurt.”

Shake it up at breakfast

Skip breakfast now and then, or maybe more often than not? It might be time to rethink that, with research linking missing the first meal of the day to a higher risk of experiencing nutritional deficiencies. One solution can be grabbing a quick-and-easy shake, but when you have diabetes, it pays to be picky about the powdered shake products in your pantry. A good option to have on hand is IsoWhey’s Diabetic Formula. Available in chocolate and vanilla flavours, it has a GI rating of just 18, the lowest of any comparable product on the market, so it helps you feel fuller for longer. Plus, as well as delivering a higher-than-usual hit of hunger-busting protein for a shake, it’s low in sugar and contains inositol and chromium to assist with carbohydrate metabolism. It also features 22 vitamins and minerals, including 25 per cent of the recommended dietary intake of vitamin B12, iron, zinc, vitamin D and calcium, making it the perfect dietary support for people living with diabetes who can’t always get their full nutritional needs through diet alone. ■



Turn upside down for puzzle solutions

Across: 11 Chia, 12 Swowned, 13 Ill-fated, 14 Opera House, 15 Proprietor, 16 Rapsallion, 19 Ian Thorpe, 22 Unwrap, 24 Cheddar, 25 Sharon, 26 Honolulu, 28 Drop Out, 30 Ella, 31 Etna, 33 Derives, 34 Handsome, 36 Hosier, 37 Nostril, 39 Cloudy, 41 Pretended, 43 Astonishing, 46 Piccadilly, 48 Unemployed, 51 Escapes, 52 Orchard, 53 Edna.
Down: 1 Chaplain, 2 Pair, 3 Asthma, 4 Tofu, 5 Envelope, 6 Adept, 7 Minotaur, 8 Floret, 9 Face-to-Face, 10 Demo, 17 Servo, 18 Lacquer, 20 Problem, 21 Odious, 23 Plunder, 25 Satanic, 27 Outdoor, 28 Devise, 29 Othello, 32 Aristocrat, 35 Sloth, 37 Needless, 38 Resource, 40 Dungeons, 42 Nudges, 44 Impede, 45 Pylon, 47 Ipsos, 49 Edam, 50 Odes.

Crossword

9	8	7	4	6	2	1	5	3
5	1	2	7	9	3	6	8	4
6	3	4	8	5	1	9	2	7
4	6	3	5	1	8	7	9	2
7	9	8	6	2	4	5	3	1
2	5	1	3	7	9	8	4	6
3	4	9	1	8	6	2	7	5
1	2	5	9	4	7	3	6	8
8	7	6	2	3	5	4	1	9

Sudoku

J	I	M	O	K	U	H	R	Q	T	W	B	P
14	15	16	17	18	19	20	21	22	23	24	25	26
F	S	V	L	X	G	Y	E	N	C	Z	A	D
1	2	3	4	5	6	7	8	9	10	11	12	13

E	G	G	C	U	P																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
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Code Cracker

puzzles solutions



BREAKFAST & TOPPERS

- 63 Blueberry & banana power smoothie ●
- 62 Carrot cake porridge ●
- 64 Egggy cheese crumpets ●●●
- 60 Raspberry, almond & oat breakfast biscuits ●●

LIGHT MEALS, SNACKS, SIDES & STARTERS

- 42 Asian prawn and noodle soup ●●
- 40 Beef & veggie curry puffs ●●
- 41 BLT ●
- 36 Chargrilled veggie and goat's cheese pizza ●●●
- 68 Chocolate cupcakes with chocolate frosting ●
- 75 Coconut-roasted edamame ●●●
- 75 Cream cheese, blueberry and walnut bagel ●●
- 75 Crushed pea & mint dip with carrot sticks ●●

- 58 Double-choc hot cross buns ●●
- 38 Egg & chicken wraps ●●
- 32 Lunchbox pasta salad ●●
- 49 Melting-middle eggplant parcels ●●●
- 32 Omelette in a bun ●●●
- 36 Quiche Lorraine ●●●
- 26 Super-salad wrap ●●●

MAINS

- 50 Barbecued leg of pork with grilled vegetables ●●
- 29 Big batch chicken soup ●●●
- 48 Chicken tikka burgers ●●
- 52 Citrus-spiked fish ●●
- 19 Coronation chicken pilaf ●
- 20 Creamy lentil & veggie curry ●●●
- 18 Lamb & quinoa burgers with beetroot tzatziki ●

- 33 Meat & three veg pizza
- 52 Middle Eastern-style lamb kebabs ●●
- 42 Pesto & salmon pasta ●
- 20 Prawn & grain poke bowls ●
- 21 Red capsicum & bean tikka masala ●●●
- 45 Salmon en papillote ●●
- 18 Sausage & veggie tray bake ●
- 26 Swedish-style meatballs ●

DESSERTS

- 70 Chocolate and mint cheesecake slice ●●
- 72 Chocolate and raspberry bread pudding ●
- 68 Coconut, rhubarb and chocolate cake ●●
- 69 Mini pear and chocolate puddings ●●
- 75 60 Second Dessert ●●

KEY ● Freezable ● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb ● Lower-carb option

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

LOWER-CARB OPTION When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert.

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and quote M223DLM

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THINK BEFORE YOU DRINK

Rob Palmer, our type 1 columnist, learned the hard way that alcohol doesn't mean you can forget about your diabetes

As a young bloke I found that curiosity often taught me just how far to take things. Of course, sometimes I would over-step the mark. What was a safe distance to jump on a BMX? How far could I Tarzan-swing from one tree branch to another without breaking my arm? Would I make it to the ocean from the carpark over 100+ metres of scorching hot sand without burning my feet? What would a few extra drinks cost me in "morning after" enjoyment? It seems difficult for most of us to learn that last lesson. I'm not advocating overdoing your consumption of alcohol. I'm simply aware that it is a subject often dismissed as too awkward to discuss. So why not now?

Does the phrase "I'm never doing that again," ring any bells? In my late teens I realised, after ignoring my insulin requirements due to a hangover, that no amount of poor

decision making allows you to ignore type 1 diabetes. Mistakes made that day compounded to put me in ICU on a drip for two days with ketones off the chart.

Now, I am far from being a doctor and in no way qualified to give medical advice, but perhaps my observations of the effects that alcohol has had on my type 1 management may be a whisper of assistance in answering questions of your own.

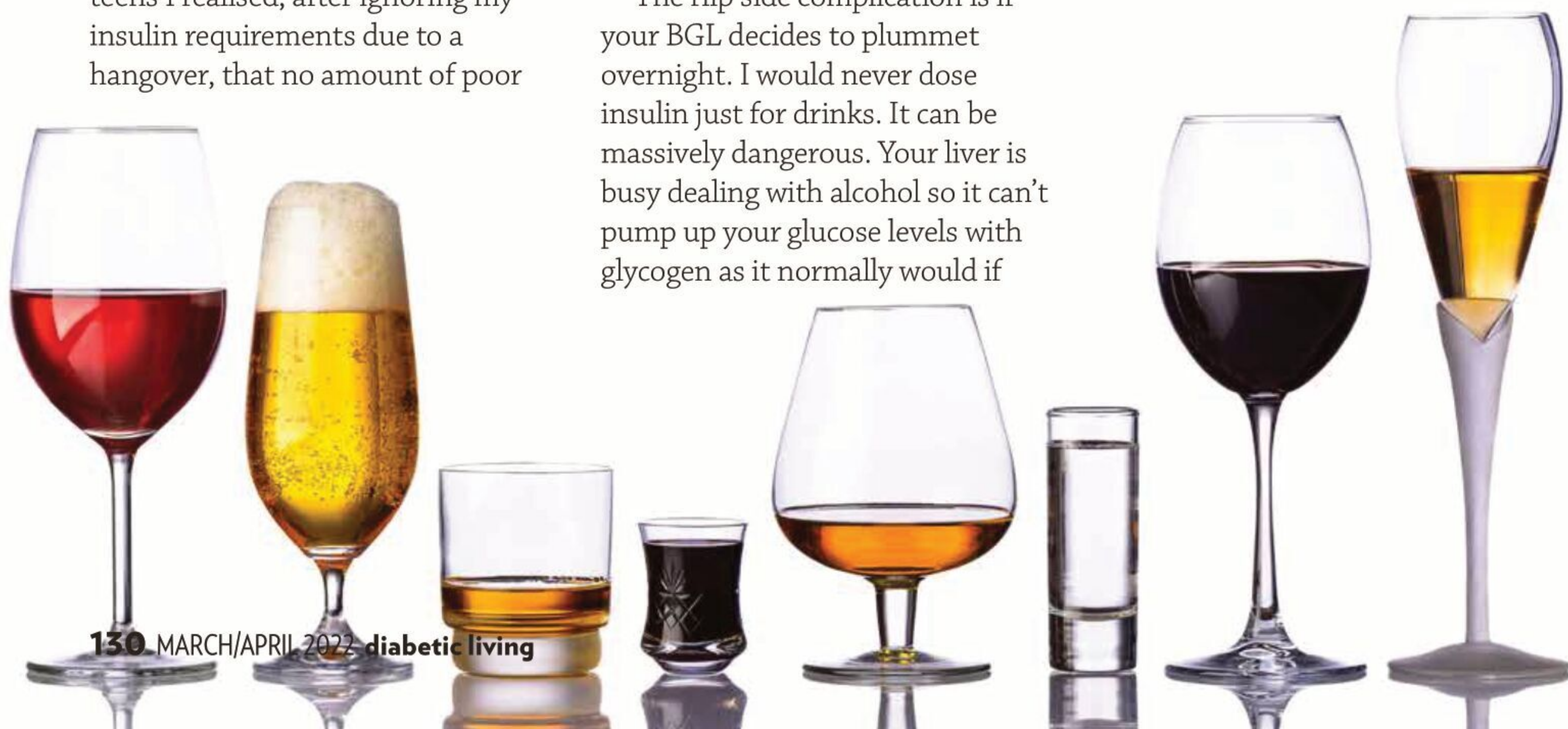
I learnt from the ICU visit that no matter how rough you feel the morning after you must continue insulin management. I was 19 years old, on multiple daily injection management at the time, and I believed that because I couldn't hold down food that insulin would be a problem. In my own self-pity I failed to check my BGLs as well. A massive fail.

The flip side complication is if your BGL decides to plummet overnight. I would never dose insulin just for drinks. It can be massively dangerous. Your liver is busy dealing with alcohol so it can't pump up your glucose levels with glycogen as it normally would if

glucose levels fall.

I found myself a rule to live by, which all but put to bed any diabetes management issues I've had with alcohol consumption. If I want to enjoy a couple of drinks, I always, without fail, eat stable carbs gently balanced with insulin, that can stop my ship from sinking while I sleep. And as a bonus I feel better in the morning as well. Of course, sleeping with someone, who can be there for you if you get into trouble, is a good security blanket. Can be fun too! If you can work out where relaxation and enjoyment meet first-class diabetes management, I reckon you are miles ahead.

Please remember that curiosity killed the cat, so make your decisions around diabetes and drinking, with cautious optimism and speak to your healthcare team about any questions or concerns. ■



Lose Weight and Reverse Diabetes

For many people, type 2 diabetes can be reversed.

According to the University of Leicester in England, remission of type 2 diabetes is diagnosed when a person with confirmed type 2 diabetes has achieved all three of the following criteria:

1. Weight loss
2. Fasting plasma glucose or HbA1c below the WHO diagnostic threshold (<7mmol/l or <48mmol/mol, respectively) on two occasions separated for at least 6 months
3. The attainment of these glycemic parameters following the complete cessation of all glucose-lowering therapies

Carrying excess weight can change the way your body reacts to Insulin. The university maintains for remission to occur, weight loss of between 10% and 15% of your starting weight is needed. People who have had diabetes for longer may struggle to reach remission. However, don't be deterred as weight loss of only 5% or 10% of your total body weight has many benefits including:

- Better controlling blood glucose levels
- Lowering blood pressure levels
- Lowering cholesterol levels
- Increasing energy levels

Losing weight and sustaining the weight loss may require you to change your diet. Getting into the habit of eating healthily is vital. Consuming a low calorie or low carbohydrate diet is a healthy option.

Weight loss and weight management made easy

Low GI BodyCare Nutrition™ Revitalise helps make it easy for you to lose weight and stop unwanted weight gain, when part of a healthy eating diet and exercise. Revitalise's healthier carbohydrates break down slower. This results in suppressing hunger and reducing cravings. This also reduces insulin load and insulin resistance.

Reducing Insulin levels The combination of low GI and healthy levels of protein and fibre means Revitalise stops you from snacking. Plus, the soluble fibre in Revitalise reduces carbohydrate absorption, which in turn reduces blood glucose and insulin levels.

Revitalise is not a meal replacement At only 140 calories per serve, Revitalise is perfect to be consumed with low calorie or low carbohydrate meals or as an in-between snack. Revitalise will keep you feeling full for hours. You may notice your urge to graze between meals decreases. After drinking Revitalise, you may even find you eat a smaller main meal because you won't feel as hungry. By following this approach, you can expect to cut back on added sugar, lose weight and increase your energy levels.

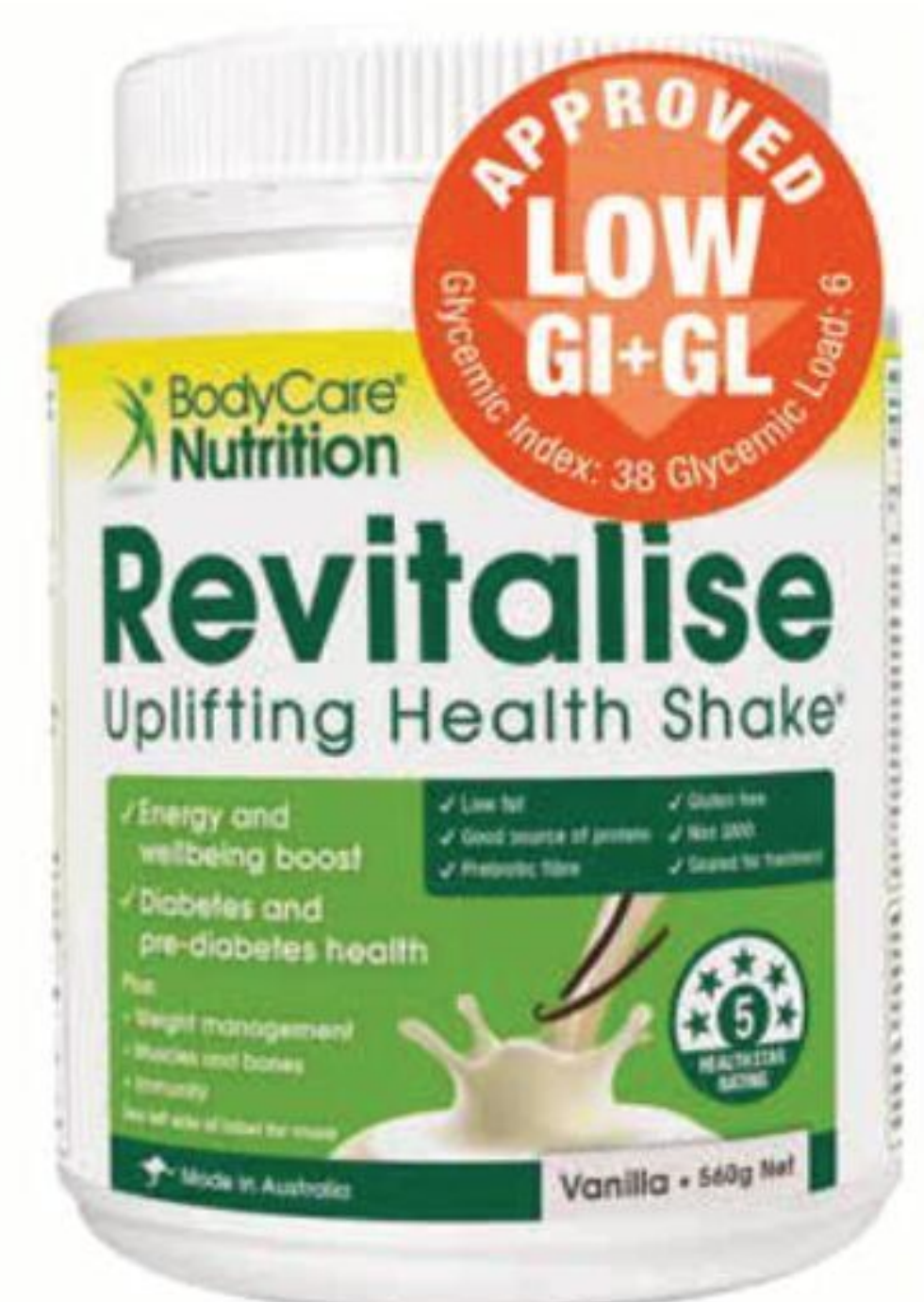
Lowering blood pressure and cholesterol Revitalise reduces blood pressure and bad cholesterol when part of low salt and low saturated fatty acids diets.

Revitalise is available in delicious vanilla, chocolate and coffee flavours. At only RRP \$34.95, Revitalise gives you 14 serves (up to 2 weeks supply). See below for stockists or ask your local chemist to get Revitalise in for you.

Free delivery for online orders

Can't get to the chemist?

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Forbes, Flannery's Pharmacy
Forbes, Life Pharmacy, Bernardi's Market Place
Forster, Your Discount Chemist
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Marsden Park, Medicines R Us Chemist
Miller, Pharmasave Miller Discount Pharmacy
Mittagong, Capital Chemist
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Mullumbimby, Mullum Chemsave Pharmacy

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Narrabeen, Narrabeen Pharmacy
Newcastle West, Doc's Mega Save Chemist, Marketown East S/C
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Orange, McCarthy's Pharmacy, Lords Pl
Padstow, Smiths MediAdvice Pharmacy
Panania, Panania Pharmacy
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Penrith, Blooms The Chemist, 535 High St
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ACT

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Kaleen, Caremore Pharmacy, Kaleen Plaza
Wanniassa, Erindale Pharmacy, Erindale S/C
Weston, Cooleman Court Pharmacy

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Port Fairy, Pharmacy Neo Port Fair
Red Cliffs, Terry White Chemmart
Ringwood, Pharmacy Now
Rosebud, Direct Chemist Outlet
Strathmore, Kirschner's Pharmacy
Tarneit West, Direct Chemist Outlet
Thornbury, Steve Kolliou CareMore Pharmacy
Wallan, Direct Chemist Outlet

Wantirna, Community Pharmacy
Warrnambool, Direct Chemist Outlet, Target Warrnambool
Waverley Gardens, NOVA Pharmacy, Waverley Gardens S/C
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Woodend, Woodend Pharmacy
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